



# LIGHTHOUSE

The Magazine for Muslim Youth

*Jawamatin*

# What does the Quran say about Prophet Jesus?

‘Certainly they do not believe, who say: Allah, He is the Messiah (Jesus) son of Mary. And Jesus said: O Children of Israel, serve Allah, my Lord and your Lord.

Surely whoever makes partners with Allah, Allah has forbidden to him or her Jannah, and he or she will go in the fire. And there is no one to help the people who do wrong on purpose’.

*Al-Maidah -The Food. Verse 72*

Many, many people around the world are preparing to celebrate Christmas. Christmas celebrates the birthday of Jesus Christ. The Christians believe him to be the son of God.

The Quran tells us that their belief is not true. Those who think Prophet Jesus is a god, are not believers, and Allah tells us that they will be punished for saying the wrong thing.

Can you think why the truth is important?

Why cannot we just make up things that we want to believe in?  
Ask your parents who the ‘Children of Israel’ are.

**TRY TO LEARN SOMETHING NEW ABOUT THE QURAN  
EVERY DAY**



# Patience with Children

**By Mrs Munira Rahman. California, USA**

Our Holy Prophet Muhammad (peace and blessings of Allah upon him) loved children very much and was very kind to them. Whenever he found time he would play with them. It sometimes happened that while he went into *sajdah* (bowing down and placing one's forehead on the ground as a part of daily prayer) his two little grandsons, Hassan and Hussain, would climb over his back and ride on him. He would not remove them forcibly, but would wait till they came off and only then would he continue his prayer. By doing this he taught us that we should not be upset if young children interfere with our prayer. It is good for them to see us praying and we should be patient and kind with them. When we are done praying we can teach them kindly to try not to disturb us while praying.

## **Remembering Allah**

**By Hajira Ahmed. Ohio, USA.**

He created you;  
 Breathed a soul into you;  
 And out of His love,  
 He made the universe for you.  
 He is the Ever Living One,  
 Glorious Lord of the worlds,  
 Great Knower of all things,  
 Most Wise and Beneficent,  
 Nourisher unto perfection;  
 He always watches over you,  
 Answers your prayers,  
 Guides you,  
 Enlightens you,  
 Forgives you,  
 And blesses you;  
 His are the most beautiful names,  
 And His Mercy surrounds all;  
 Only in His remembrance  
 Does your soul find rest,  
 And to Him you will return;  
 He is the most High,  
 Almighty Allah.

# Sacrifice

It is time for us to remember the sacrifice of our great ancestor Prophet Ibrahim (alai hi salam- on him be peace). He was ready to sacrifice his precious son for the sake of Allah. We remember his sacrifice at the time of Eid al Adha and sacrifice an animal in his memory.

Ask your parents how they plan to offer that sacrifice?



Ask them what they will do to the meat that they get?

Is Eid all about eating too much?

What sacrifice can you plan this year?

**Is there something that you like a lot that you can give away to someone for the sake of Allah?**

It could be a toy that you do not like to share, and being generous could be your sacrifice. Or you could make a favorite food or cake and give it away to some one. You could also try to break a bad habit. That is another form of sacrifice. Giving some of your time for a good cause is also a sacrifice. Could you spend some time reading to a younger child, or helping out a kid in your class who finds it harder to learn?

Allah accepts with love whatever we offer to him as a humble sacrifice, as long as we do it with love. Allah does not need our sacrifice. He does not need anything from us. We are the ones who benefit from it. We need to help our spirit grow by being kind and helpful to others. Thinking more of others and less of ourselves is also a sacrifice. What else can you think of? Share your thoughts with us and send your ideas to [lighthouseahmadi@gmail.com](mailto:ighthouseahmadi@gmail.com).

# A letter to Santa from Haroon

'Dear Santa,

I hope you are fine. Are you really real? Do you really have elves? Have you ever thought of bringing presents to Muslim children? I think I have been good this year, except the time when.....'

"Haroon, how is the homework going, need any help?"

"No mom, I'm doing okay," I quickly cover my letter with my math journal.

"That's good. I am heading to Target for some groceries, need something?"

"You told me to remind you to get a present for Mrs. Blake."

"Oh yes, of course. Don't you want to choose yourself?"

"No mom, anything will do. She gives too much homework anyway. And remember when she made me stay in at recess when it was really Ryan who started the food fight and I..."

"Haroon, she is your teacher and teachers, like the rest of us are not perfect. She has always been kind and helpful, so try to forget any little thing that you didn't like."

"Ok mom, did you feed Sunny?"

"No, Haroon. That is your job, remember."

"Yes Mom!"

"Ok dear, I will be back soon. Please finish your homework before you do anything else."

*Finally Mom was gone. And luckily she didn't see what I was really doing. She would have thought it was really weird for me to write to Santa. I reread my letter and decide to start again.*

'Dear Santa,

Hi! Have you ever thought of relocating to California? The North Pole must be really cold. Boston is bad enough this time of year.

I wanted to ask you about something. Even though I am a Muslim boy, I was wondering if you could give me some of your time before Christmas this year. I have been mostly good. (You wouldn't want me to go into details, a busy, busy guy like you). I wonder if you know anything about Muslims. I hope you don't think we are all greedy for presents. Mostly we are not, but sometimes we need something badly. We don't have Santas but we don't need them. We just tell our parents what we want and if they think it is reasonable, they help us save for it. But it seems as if you have more buying power. Some of my friends tell me they make a wish list and get ALL the things they ask for. I think that's amazing. I mean Santa, have you ever seen their rooms? Daniel's is full to bursting of toys and games, plus his own TV and now for Christmas he is asking you for his own laptop plus some new Nintendo games. In case you don't know, he is nine years old like me. My Dad says he is spoiled rotten and needs discipline. Aren't parents always saying things like that? Well actually my parents are pretty cool.

They always give me a reason for the rules they make and then they explain things so well that I have to agree even though I do not want to. And actually.....’

“Assalamo alaikum Haroon”

“Wa alaikum salam Dad”

“Are you still doing homework? I was hoping you would be done and we could play a family game of ‘Guess Who’.”

“I’m almost done, Dad. Just give me five minutes okay.”

“Do you need any help, hey let me see your journal. I used to love to write in my journal. You must have inherited my writing skills.”

“Uhhh, well Dad, how about we do that on the weekend. I, um, I’m being really messy right now, it’s the grand daddy of all sloppy copies, you know.”

“Okay, okay don’t get so shy about your work, but remember to show me when you are done.”

“Yes Dad.”

*Wow that was a close call. I should really get this letter done before someone else wants to check how my homework is going. I think it was time for a new paragraph anyway.*

“Well Santa, actually I didn’t write to tell you the things I just told you. I am writing because I think you need to think more about what you are doing. Does it really make sense to give kids who have everything, more of everything? They will never be satisfied or happy. They just get greedier. Just because they give a small toy to ‘Toys for tots’ they think they have done something great and can get all that they want. Have you ever thought about the starving kids in Somalia, Iraq, Afghanistan and so many other places around the world? I bet they like toys too, but would really love to have enough to eat and a safe and warm home. If this is the season of giving, please Santa, if you are as real as my friend Dan insists you are, take your sack of toys and give some to the poor kids. And stop making toys anyway. Who wants dumb toys when they are starving and shivering and have no safe place to live? I know I wouldn’t. You should start cooking and baking instead, and deliver the food to those who have been hungry for too long. Thank you for reading my letter.

Best wishes,

Haroon Mirza

P.S. Santa, have you ever thought about losing weight? It seems as if you get chubbier every year. Didn’t your mother ever make you eat your vegetables? Or exercise? You might want to hand over some of your cookies to the hungry kids too. And coming down the chimney? Please stop doing that! Don’t you know that Prophet Muhammad told us to enter houses from the main door? You should knock three times and wait for someone to answer and let you in. And about that red suit of yours.....’

“Haroon, dinner is ready. Wash your hands and come right down. Let me see your homework too.”

*Homework! I absolutely forgot, auuuuuuuuuuuuggggggggghhhhhhhhhh*

# What is it that the pilgrims do at Hajj?

## A quick overview of Hajj:

### A few days before Hajj

Pilgrims or Hajjis put on the special dress or ihram at one of the appointed places. An air traveler may wear ihram before boarding the plane. They enter the Kaabah and perform seven rounds, called *tawaf*. Then walk briskly seven times between Safa and Marwa. This is called *sayee*. Trim hair and remove ihram.

### First Day

8<sup>th</sup> Dhul Hijjah

Put on ihram again and declare the intention of performing Hajj. Perform *tawaf* of the Kaabah and *sayee*, if not performed earlier. Leave for Mina early in the morning reciting *talbiya*. Stay overnight in Mina. This is known as *Yaum al Tarwiya* or the 'Day of Reflection'.

### Second Day

9<sup>th</sup> Dhul Hijjah

Go to Arafat and say the zuhr and asr prayers combined and shortened. Pray with devotion till sunset, asking for Allah's forgiveness. This is known as *Wuquf* or standing. In the evening move towards Muzdalifah and say the maghrib and isha prayers together. Rest at night and collect small pebbles for the stoning at Mina.

### Third Day

10<sup>th</sup> Dhul Hijja

Go to Mina and throw small stones there at one of the *Jamarat* (the stone pillars). Sacrifice an animal and have the hair of the head clipped, trimmed or shaved. Go to Makkah and perform *tawaf*. And return to Mina. This day is called *Yawm al Nahr* or the Day of Sacrifice.

### Fourth Day

11<sup>th</sup> Dhul Hijjah

Stay in Mina and throw pebbles at the *Jamarat*. This day and the next two days are called *Ayyam al tashriq*, or the days of drying meat.

### Fifth Day

12<sup>th</sup> Dhul Hijjah

Stay in Mina and throw pebbles at the *Jamarat*. Return the same day to Makkah and perform *tawaf* and then drink the water of the amazing stream of *Zamzam*. This ends the Hajj.

## Interview someone who has performed the Hajj

There will be a First and Second prize for the two best interviews!

You may interview someone in person or conduct a phone interview. Even snail mail or email works.

Ask them whatever questions you would like to know about the Hajj. Be sure to ask at least 5 questions and record the answers they gave. You may ask your parents for help but mostly it has to be your own work.

Please send in your interviews by January 5<sup>th</sup> 2008 Inshallah!

## Hajj word scramble

*Unscramble the following words to learn more about Hajj*

1. Two white un-sewn pieces of cloth worn by a male pilgrim is called an HRAIM.
2. One of the main parts of Hajj is praying and standing in the plain of RAFATA.
3. All pilgrims like to drink, and bring back with them some MAZZAM.
4. For the special days of Hajj, no one is allowed to GIFHT.
5. After completing the Hajj, most pilgrims head to the city of ENIMAD.
6. A pilgrim returns from Hajj with all his or her sins GIVENFOR.
7. A Muslim must try to perform Hajj once in a TILEFIME.
8. Eid al Adha is a time to FICSCAREI.
9. Stoning the shaitan is known as RATAJAM.
10. Going around the Ka'bah seven times is known as WATFA.



Last months Quiz competition was won by Aafia Ahmad, age 8, of Minnesota USA. Congratulations Aafia! Keep up the creative thinking. Her prize money has been sent to her. Here is her quiz:

## How good of a family member are you?

- 1) You are playing a game with your brother/sister and you don't like it very much. Would you....
  - a) ask your mom if you can play a different game?
  - b) suddenly yell at your sibling that if he/she does not change the game you will never play with them again?
  - c) ask your sibling politely and nicely if they can play a different game?
  
- 2) Your mom is cooking a thanksgiving dinner for you and your family. You feel as if you should....
  - a) help her.
  - a) read a book.
  - a) play computer games.
  
- 3) You are reading your magazine and you feel like playing a game that involves yelling but all of a sudden your parents tell you that it is nap time so....
  - a) you pretend to sleep so your parents think you are taking a nap, but secretly, you get up from the sofa and have a computer turn without even asking!
  - b) you reply politely to your parents.
  - c) you ignore them and keep on playing your game.
  
- 4) Your brother's friend came over to play and you want to play with them but they refuse. What would you do?
  - a) Read your favorite book instead.
  - b) Give your brother's friends one last chance and ask them very nicely and politely if you can play with them.
  - c) Make a salad for them.
  
5. Its time to leave for your cousin's birthday party. You want to read your book because you are nearly done with it. What do you do?
  - a) Ask your mother in your best pleading voice if you can just finish the last chapter, but you secretly read the rest of the book.
  - b) You take the book along with you so if you have extra time, or get bored, you can read it.
  - c) you have a bit of a rather weird worry and lock your book in a safe so you can read it when you come home, because you think there are thieving soccer balls with bombs and missiles under your bed!

Answers will be given in next month's issue Inshallah.

## Healthy Living in Islam: Eat right and stay in shape

By Fazeel Sahukhan. Ohio, USA.

Did you know that Allah wants us to live healthy lives? It's true! Just take a look at the five pillars of Islam.

The first pillar of Islam is **Belief in One God**. Now, if we believe that Allah created us and gave us life, wouldn't you agree that we need to take care of this special gift? If someone takes care of a gift, it shows that the person is grateful for receiving it. So, if we are truly grateful to Almighty Allah for creating us and giving us life, we should take care of ourselves – and eating properly and exercising regularly allows us to take full advantage of this great gift.

The second pillar of Islam is **Prayer**. As you all know, the Holy Prophet Muhammad taught us a special way to pray. This special way to pray involves different positions, including standing, bending, sitting and prostrating. Now, if we don't live healthy lives, it may become difficult for us to perform all of the parts of the prayer. But if we exercise regularly, we should be in a much better position to complete the prayer in its entirety.

The third pillar of Islam is **Fasting**. Surely Almighty Allah has given us guidance on our eating habits: He tells us in the Quran that we should only eat good things and that we should not eat things that are bad for our health, like pork or blood or animals that are already found dead. But in addition to this, He tells us to fast during the month of Ramadan so that we learn self-control, especially when it comes to eating. If left unchecked, our appetite can get out of control. Fasting during Ramadan each year helps us control our appetite so that we don't live a life where we are always overeating.

The fourth pillar of Islam is **Charity**. Like fasting, charity also teaches us discipline. By giving charity, we learn that we are to give up some of the things that belong to us. A perfect example is when we give meat to the poor people during *Eid-ul-Adha*. Sharing things, like food, not only puts limits on the amount we keep for ourselves, but it also makes us aware that there are people less fortunate than us who need our help. So, if we are really charitable, we would realize that we don't always need everything that we have available to us and that it is good to put limits on things, including on what we eat.

The fifth pillar of Islam is **Pilgrimage**. To perform the pilgrimage, one has to travel all the way to Mecca. While at Mecca, more activities need to be done, like going round and round the Kabah, and running between *Safa* and *Marwa*. Traveling to Mecca and the activities that need to be done while there, are not easy. You need to be in good shape to do all this. If you exercise regularly, you should be well prepared for all that is required to complete the pilgrimage.

So, other than all the spiritual benefits we receive from the five pillars in Islam, what else can we learn from them? That's right – Allah wants us to live healthy lives!

Dr. Ayesha Khan answers two important questions in this month's issue. Please remember to send all your questions to Ayesha at [lighthouseahmadi@gmail.com](mailto:lighthouseahmadi@gmail.com).

**Question: Why do we need to bow down while we are praying salat?** Aarif Ahmad.

Dear Aarif,

As we go through our life, we spend the day and night in many different positions. Sometimes we sit and sometimes we stand or bend down. At all times in the day, we are supposed to remember Allah. We go through many different positions in salat too. We stand, we bow down halfway, and we bow down all the way. In these positions, we pray to Allah. This represents that we keep Allah in mind regardless of the position we are in. Bowing down to someone means you are small, helpless and humble and need help. Bowing down in salat helps us to feel humble in front of Allah. Muslims

are not allowed to bow down in front of any King or Emperor. Only Allah is our Master and deserves that we put our heads on the ground in front of him. All the positions we make while praying are also good for our health. The stretching and meditating is better than a yoga program.

So when you pray, keep in mind that you are remembering Allah. And when you go through your life, whether you are sitting down to eat, standing up to work, or lying down to sleep, remember Allah is with you always.

**Question: Why cannot we celebrate Christmas, thinking of it as the birthday of Prophet Jesus? We do believe in him so what's wrong with having some fun with everyone else at Christmas time?**

Dear Crazy about Christmas,

You ask a very interesting question. It is true that we believe in Prophet Jesus as a prophet. But we don't celebrate the birthdays of any of our prophets. Even though we should love and respect all the prophets, we only celebrate the things Allah has allowed us to, which are Eid-ul-Fitr and Eid-ul-Adha. The first is a celebration of all our hard work during the month of Ramadan when we fast. The second is a celebration of Allah's mercy and Prophet Abraham's love and obedience to Allah when Allah asked him to sacrifice something dear to him. In either case, we don't celebrate a particular person. **Allah does not want us to celebrate a particular person because sometimes, when people start to celebrate a particular person, they give him or her too much importance and start to worship the person instead of Allah!** When the Christians celebrate Christmas, they are celebrating because they think, God forbid, that Prophet Jesus is the son of God. Of course we know this is not true because Allah has no sons or daughters or father or mother or brothers or sisters. Allah is so great that no one can be like Him. You know something else? The Quran and the Bible tell us that Prophet Jesus was born when there were figs on the trees. When do figs grow on trees? In the springtime!

That means that Prophet Jesus was born in the spring and not in the winter!

I know it is hard sometimes at school when all your friends are talking about the gifts they got for Christmas, and they are having fun and celebrating. But just remember, you get gifts on TWO holidays that they don't get to celebrate! And if they ask you what you got for Christmas, it is a perfect time to tell them that even though you don't celebrate Christmas, you do celebrate Eid. And you can tell them all about Eid! And guess what? Eid is on December 20<sup>th</sup> this year so make the most of it! Make sure you and your family have some delicious treats and do make small cards or present for your friends for Eid. It is good to share happiness with your friends and be tolerant of other people's religions and holidays. Our Prophet Muhammad (pbuh) told us never to hurt anyone's feelings and so make sure you act nicely to your friends during their celebration and invite them to celebrate yours too.

## TALBIYAH – THE PILGRIMS PRAYER

LABBAYK ALLAHUMMA LABBAYK  
LABBAYK LAA SHARIKA LAKA LABBAYK  
INN AL-HAMDA WAN NI MATA LAKA  
WAL MULK, LA SHARIKA LAK

Here I am O Allah! Here I am!  
Here I am. You have no partner, here I am  
Surely Yours is all praise, all goodness  
and all sovereignty, You have no partner.

It is wonderful to recite the Talbiyah in these days of Dhul Hijjah, even though we have not made the journey for Hajj.

May Allah bless us all with the chance to perform Hajj Inshallah. May Allah accept the effort of those who have performed the Hajj this year and before this. *Aameen!*

**Best wishes for a happy and blessed Eid to you  
from your friends at Lighthouse Magazine!**