

ICJ Ramadan Booklet

Ramadan 1436/ 2015

" يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى
الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ "

*"O you who believe! Fasting is prescribed
To you as it was prescribed to those before
you, that you may learn piety and
righteousness"* 2:183

A Word from the Emaam ...

Ramadan Mubarak!

هـ 1436 - 2015 رمضان



Dear respected brothers and sisters,

Assalamu alaikum wa rahmat Allahi wa Barakatuh:

We ask Allah (swt) that you receive this "ICJ Ramadan Booklet" in the best of health and in high Islamic spirit. We ask Him (swt) to accept our fasting, prayers and good deeds. Ramadan is few days set by Allah (swt) for us as a great chance to attain righteousness. Though, it needs some effort and sacrifice to reach that divine goal and rejoice the success of this world and the hereafter.

We are grateful to Allah (swt) for making us "as one body, if any limb of it should complain, the rest of the body is called upon by restlessness and fever." We are most grateful to Allah for making us amongst those who are witnessing this blessed month of Ramadan. Our community has grown and the opportunities for further success are abundant. We are very optimistic and ready to renew our commitment to this Deen. We pray that Ramadan will allow us to strengthen our resolve to pursue these opportunities and accomplish our community goals and aspirations.

We Ask Allah (swt) to grace us with his mercy and guide us to fast Ramadan in the best way. We ask Him to bless our community, unite our hearts, and make us among those who receive His forgiveness and redemption from the Fire.

*Remember those who are less fortunate, suffering and oppressed ...
Make sincere and constant Dua for them in this blessed Month of Ramadan*

Jazakum Allah Khair and once more, Ramadan Mubarak!

فضل شهر رمضان

قال الله تعالى :

{ شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَى مَا هَدَاكُم وَلَعَلَّكُمْ تَشْكُرُونَ } (185) سورة البقرة

فضل الله تعالى شهر رمضان على كثير من الشهور و جعله أفضل شهور العام ففرض فيه الصيام و أنزل فيه القرآن و فيه ينزل القدر و تُغفر الذنوب و يعتق الله عز و جل من يريد من النار و فيه تُصعد الشياطين و هو شهر البركة و شهر الأرحام , و فيه ليلة هي خير من ألف شهر و فيه قال صلى الله عليه وسلم : الصوم جنة، فإذا كان يوم صوم أحدكم فلا يرفث ولا يصخب، فإن سابه أحد أو قاتله فليقل: إني امرؤ صائم)) :::: رواه البخاري ومسلم .

وقال أيضاً صلى الله عليه وسلم : ((من قام رمضان إيماناً واحتساباً غفر له ما تقدم من ذنبه)) :::: رواه البخاري ومسلم :::: , و كان صلى الله عليه و سلم أجود الناس ، وكان أجود ما يكون في رمضان ، كان أجود بالخير من الريح المرسلة)) :::: متفق عليه :::: ، وقال صلى الله عليه وسلم : ((أفضل الصدقة في رمضان))

فهذا يبين لنا مدى فضل هذا الشهر الكريم و كيف يتقبل فيه الله عز و جل جميع الطاعات و الخيرات و يأمر الناس بصله الأرحام فقد فرض الله عز و جل الصيام فيه لعدة أسباب منها زيارة الرحم و الشعور بالفقر إلى الله عز و جل و الشعور بعزة العبادة و لذتها , كما أن الرسول صلى الله عليه و سلم كان يعتكف العشر الأخير من رمضان و قال الذي لا ينطق عن الهوى صلى الله عليه و سلم ((عمرة في رمضان تعدل حجة)) :::: أخرجه البخاري :::: .

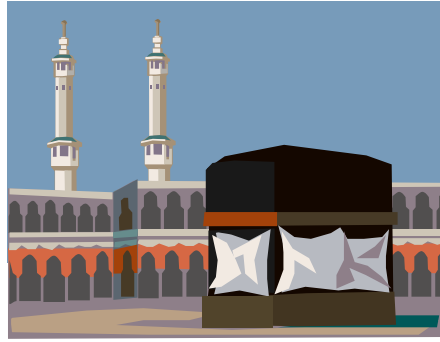
فما اعظم هذا الشهر و ما اعظم العبادة فيه , و عن النبي صلى الله عليه و سلم انه قال لما حضر رمضان ((قد جاءكم شهر مبارك افترض عليكم صيامه تفتح فيه ابواب الجنة و تُغلق فيه ابواب الجحيم و تُغل فيه الشياطين , فيه ليلة خير من ألف شهر , من حرم خيرها فقد حرم)) :::: رواه أحمد و النسائي و البيهقي :::: ,

و عن النبي صلى الله عليه و سلم قال ((الصلوات الخمس و الجمعة إلى الجمعة و رمضان إلى رمضان مكفرات لما بينهن إذا اجتنبت الكبائر)) :::: رواه مسلم :::: , و عن ابي سعيد الخدري رضى الله عنه قال : قال رسول الله صلى الله عليه و سلم ((من صام رمضان و عرف حدوده و تحفظ مما كان ينبغي ان يتحفظ منه , كفر ما قبله)) :::: رواه أحمد :::: و عن ابي هريرة رضى الله عنه قال : قال رسول الله صلى الله عليه و سلم ((من صام رمضان إيماناً و احتساباً غفر له ما تقدم من ذنبه)) :::: رواه أحمد و أصحاب السنن .

Ramadan Checklist – a must read...

Here are some tips to help you take advantage of this golden opportunity “Blessed Month of Ramadan.”

1. Intend to fast every day with Iman and pure intention seeking the reward from Allah alone.
“The Prophet peace be upon him said, "Whoever fasts in Ramadan with Iman and seeking reward (from Allah) his past sins will be forgiven". (Bukhari) “
2. Read the whole Qur'an at least once as the Prophet peace be upon him did.
3. Have Suhoor as the Prophet peace be upon him said, "Have Suhoor because it is blessed".
4. Make Du'a during the fast because the Prophet (peace be upon him) said that three people's supplication is not rejected, one of them is the fasting person.
5. Make Dua before opening the fast. The Prophet (peace be upon him) said, "The fasting person has a supplication that is answered when he opens his fast".
6. Give Sadaqah and be good to people. The Prophet (peace be upon him) was the most generous of people and he was most generous in Ramadan.
7. Avoid anything that diminishes the fast such as, lying, backbiting, cheating, getting angry. The Prophet peace be upon him said "Whoever does not give up false statements (i.e. telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink." [Bukhari]
8. Ask for forgiveness since this is the month Allah frees people from the fire.
9. Pray At-Tarawih until the Imam finishes the Witr prayer, for the Prophet peace be upon him said, "Whoever prays with his Imam until he goes (leaves) it's written as if he prayed the whole night.
10. Feed the poor and invite others for Iftar. The Prophet peace be upon him said, "Whoever gives Iftar to someone fasting he will have the same reward without decreasing the reward of the person fasting".
11. Try harder the last ten nights especially the odd nights. The prophet would strive in Ramadan more than he would in any other month and more so in the last ten days. The best is to apply the Sunnah of I'tikaf (to stay in the Masjid) these days or at least partial I'tikaf in the odd nights.
12. Say this Dua in the nights that Laylatul-Qadr is likely to fall on: Allhumma innaka afuwun tuhibbul-afwa fa'fu anni
(O Allah you are Forgiving and love forgiveness so forgive me).



{Spiritual Thoughts and Commitments}

I have decided the Primary GOAL for this Ramadan to:

- Be Allah consciousness and Increase Taqwa
- Build my character
- Increase my spirituality
- Purify my soul

To improve my Salah (Prayers), I have decided to:

- Be punctual for prayers
- Avoid talking before Salah in the Musalla
- Improve concentration (Khushoo)
- Increase and prolong my prostrations

To improve my relationship with Quran, I have decided to:

- Read the whole Quran at least once (Tilawat)
- Memorize a few Surahs (Aayaat)
- Learn to recite the Quran correctly
- Understand & ponder on its meanings

I have decided to shun the following Munkar:

- Telling lies and spreading rumors
- Gossiping and Speaking ill of others
- Losing my temper and being angry
- Vain talk and smoking cigarettes

هل لديك شعاراً رمضانياً ؟

فكل مسلم يجب أن يكون لديه شعار في العبادة ،نأخذ كمثال موسى عليه السلام فقد كان شعاره العبادي "وعجلت إليك ربي لترضى".
ضع شعاراً عبادياً تحفيزياً لك برمضان مثل (رمضاني الأفضل) أو (سأعبدك يارب كما لم أعبدك من قبل)

فهذا الشعار يساعدنا على إبقاء الدوافع بداخلنا لزيادة إنتاج صومنا وذلك من خلال خمسة أعمال وهي كفالة أرملة أو يتيم، ملازمة أوراد الحمد والشكر بعد كل طعام وشراب، تبني شخص ومساعدته، إصلاح بين متشاحنين، أو إفطار صائم.
لاحظ أن جميع هذه الأعمال سهلة جدا ولكن صعوبتها تأتي على حسب رغبة الإنسان وقوة دافعه على العطاء

لنخطط معاً لرمضان مختلف لهذه السنة ومن يدري لعله آخر رمضان في حياتنا كم من أناس كانوا معنا في رمضان الماضي والان تحت التراب .

اللهم ارحم أمواتنا وأموات المسلمين
اللهم يا حي يا قيوم يا بديع السموات والأرض يا ذا الجلال والأكرام بارك لنا في ما تبقى من شعبان و بلغنا رمضان اللهم آمين .

Our theme for this Blessed Month of Ramadan:

Live the Quran



Fasting and Your Health...

Iftar:

This meal should first include soft dates, if not dates, if not water following the Prophetic traditions. Dates will provide a refreshing burst of much-needed energy. Fruit juices will also have a similar, revitalizing effect. The meal should remain a meal and not become a feast! Try to minimize the rich, fatty dishes that traditionally celebrate the fast. Avoid chips and sweets and feast when breaking your fast.



Suhoor:

The pre-dawn meal is Barakah as in the Prophetic traditions even couple of dates or sip of water. It should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the *suhoor*.

Healthy Food:

Complex carbohydrates are foods that will help release energy slowly during the long hours of fasting. Complex carbohydrates are found in grains and seeds, like barley, wheat, oats, millets, semolina, beans, lentils, whole meal flour, basmati rice, etc. Fiber-rich foods are also digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with the skin, vegetables such as green beans and almost all fruit, including apricots, prunes, figs, etc.



O Allah help me...

- *Control my eating and sleeping habits*
- *Quit smoking*
- *Not over eat*
- *Eat healthier (prefer fruits & vegetables over fatty foods)*
- *Exercise to keep fit*
- *Remember those are in need and those do not have foods*
- **Read:[73:20], Understand:[21:10], Study:[2:121], Recite:[29:45]-[73:4], Listen:[7:204],Remember:[80:11-12], Follow: [6:155]**

RAMADAHN REGISTER & TRACKER OF GOOD DEEDS(self-examine)

Activity	Y/N	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Did you wake up for sahoor?																															
Did you pray Fajr with Jama'ah & Sunnatafjr?																															
Did you make morning Dhikr?																															
Did you sit until 10min after sunrise?																															
Did you pray Duher sunnah?																															
Did you pray Duher with Jama'ah?																															
Did you pray Asr with Jama'ah?																															
Did you make evening Dhikr?																															
Did you pray Maghrib / Jama'ah?																															
Did you pray Maghrib sunnah?																															
Did you pray Isha with Jama'ah?																															
Did you pray finish taraweeh / Imam?																															
Did you pray Witr?																															
Did you give sadaqah?																															
Did you make evening Dhikr?																															
Did you read Quran?																															
Did you feed a fasting person?																															
Did you review your memorization of the Quran?																															
Did you protect your tongue from ill speech?																															
Did you visit your brother or sister?																															



Duas during the Month of Ramadan

When Breaking Fast

اللهم لك صمت و على رزقك أفطرت

Or Recite

ذَهَبَ الظَّمَاُ وَابْتَلَّتِ الْعُرُوقُ وَبَتَّ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Thirst has vanished, veins have moistened and Allah willing, reward (for the fast) is certainly fixed.

Followed By

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ كُلَّ شَيْءٍ أَنْ تَغْفِرَ لِي ذُنُوبِي

O Allah! I beg of You through Your infinite mercy which encompasses everything to forgive (all) my sins.

When Breaking Fast at Friends' House

أَفْطِرْ عِنْدَكُمْ الصَّائِمُونَ وَأَكُلْ طَعَامَكُمْ الْإِبْرَارُ وَصَلِّتْ عَلَيْنَا الْمَلَائِكَةُ

May fasting people break their fast by you and may pious persons partake of your food and may the angels invoke Allah's blessings for you.