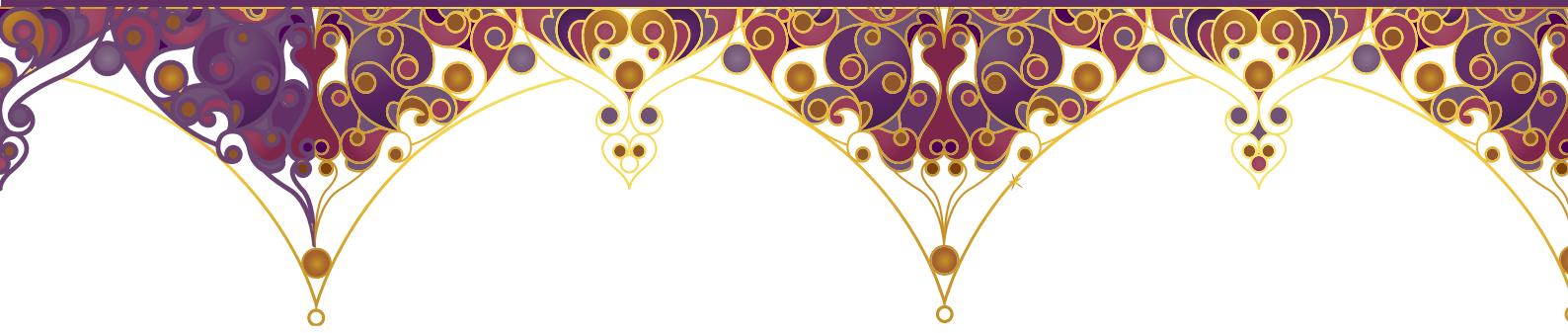


ĀYĒ ĀFĀSHĀ

An e-magazine for Nasirat-Ul-Ahnadiyya UK

8TH EDITION



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Surah Al-Hadid

هُوَ الَّذِي خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَى عَلَى الْعَرْشِ يَعْلَمُ مَا يَلْجُ فِي الْأَرْضِ وَمَا يَخْرُجُ مِنْهَا وَمَا يَنْزِلُ مِنَ السَّمَاءِ وَمَا يَعْرِجُ فِيهَا وَهُوَ مَعَكُمْ أَيْنَ مَا كُنْتُمْ وَاللَّهُ يَعْلَمُ بِمَا تَعْمَلُونَ بَصِيرٌ

He it is Who created the heavens and the earth in six periods, then He settled Himself on the Throne. He knows what enters the earth and what comes out of it, and what comes down from heaven and what goes up into it. And He is with you wheresoever you may be. And Allah sees all that you do.

(Chapter 57, Verse 5)

Commentary

The six phases of evolution are referred in this verse. These may be ether, cloud of dust and gas, electrons, minerals, plants and animals. Very briefly the verse may signify that after God created the heavens and the earth in six periods, He began to control and govern the universe through set laws. As He made provisions for the physical sustenance and development of man, He made similar provisions for his spiritual evolution. But God alone knew when a particular divine teaching was needed for a particular people; also when to take it back to heaven i.e. to cancel it when it was corrupted and ceased to fulfil the spiritual needs of the people to whom it was given. He alone new when to reveal a new teaching. And now that he has revealed the Quran, He will be with the Muslims, wheresoever they may be because to them is entrusted the teaching of the last divine message

Forgiveness



٧١ - عَنْ مُعاذِ بْنِ أَنَسٍ رضي الله عنه عن رَسُولِ اللهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَنَّهُ قَالَ: أَفْضَلُ الْفَضَائِلِ أَنْ تَصِلَّ مَنْ قَطَعْتَ وَتُعْطِيَ مَنْ مَنَعْتَ وَتَصْفَحَ عَمَّنْ شَتَمَكَ -

» مسند احمد ص ٤٣٨ / ٣ «

71. Mu'az bin Anas, God be pleased with him, related that the Holy Prophet, peace and blessings of Allah be upon him, said:

"The height of excellence is that you should strengthen the ties of relationship with the one who severs them and be generous to the one who is miserly to you and be forgiving to the one who abuses you." (Musnad Ahmad)

Reference: Selected Sayings of The Holy Prophet of Islam (saw) (Arabic text with English Translation)
Copies: 6000. (1988). [online] Available at: <https://www.alislam.org/library/books/Selected-Sayings-of-Holy-Prophet.pdf>

Writings Of the Promised Messiah^(as)

The Blessings of Prayer:

The Promised Messiah (as) states: “If prayer did not exist, man would have no means by which to attain perfect certainty in awareness of the Divine. It is through prayer that a person is blessed with revelation. It is through prayer that one engages in talk with God Almighty. With constant supplication, when man reaches the state of the inner-self being destroyed in God through belief in God’s Unity, and with love, sincerity and purity, it is then that the Living God, Who is Hidden from the people, appears Himself to such a one.”

Importance of Prayer

"It is not possible to become a true helper of the Khalifa of the Time without immersing yourself in prayer and the worship of Allah the Almighty. After offering the obligatory five daily prayers, it is the voluntary prayers (Nafl) that will take you close to Allah the Almighty and enable you to fulfil your duties in the very best way and to ensure whatever work you do is blessed."

"Furthermore, you must recite daily the Holy Qur'an and ponder over its meaning, as there is no life for a Muslim without the Holy Qur'an... Seek spirituality within yourselves, as only then will you be able to bring about a spiritual change in others."

"A person should have complete trust in Allah the Almighty in all circumstances and for His sake a person must be willing to face every challenge. It is inevitable that difficulties will appear from time to time but a person should never let them prove an obstacle in fulfilling their religious duties and work."

"Furthermore, Ahmadi Muslims must themselves guide their children about our beliefs and clarify anything wrong they may have learned in school or elsewhere. Tell your children that Islam is governed by the teachings of the Holy Qur'an and the traditions of the Holy Prophet (peace and blessings be upon him) and some beliefs or concepts that developed later in certain Islamic sects are false innovations (non-Islamic ideas). Indeed, tell them



that it was to remove such innovations and to revive the true teachings of Islam that Allah the Almighty sent the Promised Messiah (peace be upon him). You should patiently answer the questions of your children and should not rest until their hearts are satisfied and fully comprehend Islam's true teachings."

"As the child gets older, explain to him that whatever they have been bestowed by Allah the Almighty; He has fulfilled all their needs and so they should express their gratitude to Him. When a child reaches the age of seven you should encourage them to do their prayers as much as possible, however at the same time, you should not put a young child under stress or cause them anxiety. Treat them with love and tenderness. The key point to remember is that the lessons a person learns in childhood are often





Covid-19 Lockdown

Abid Khan

The need for sensitivity and compassion

On 8th April 2020, I received a call from beloved Huzoor (aba) and I informed him that we had received a lot of positive feedback to the article written by Sister Reem Shraiky.

Upon this, Huzoor said: "Do you know which part of the article I liked and appreciated the most? It was Reem's response to the Ahmadi lady who had said to her, when Ibrahim was in a critical state, that 'Don't worry if you or your family is ill then it means that your sins are being forgiven'. In reply, Reem said 'I also know very well the Hadith that you speak of but it does not require for you to remind me of this at a time when I am at my most vulnerable and weakest."

Huzoor continued: "I am very glad that Reem wrote this because there are even some Ahmadis who are extremely insensitive and gossipy. This Hadith is a means of comfort to believers in their time of ailment and something for them to reflect upon. However, it is absolutely not the case that when someone is facing a trial they are reminded of their past sins! This is something that the Sadr Lajna should take note of and ensure that the Lajna members are taught about what is appropriate and how to comfort and console people when they are suffering."

Patience, empathy and compassion

I [...] informed Huzoor (aba) of a front-page story published by Forbes which featured the political leaders of Germany, Taiwan, New Zealand and certain Scandinavian countries. The article suggested that those countries had dealt with the coronavirus crisis better than other nations and highlighted the fact that common to each of these nations was that their political leader was a woman.

Hearing this, Huzoor said: "Women have experience of the home and because of this they naturally have good managing skills and understand how to allocate limited resources. Furthermore, by looking after their homes, women have developed higher levels of patience, empathy and compassion. During this type of crisis, in which people are dying of illness or become ill, the women leaders know better how to manage the limited resources and are naturally more calm and compassionate than men and so are able to relate to the sufferings of their public better."



Reference: Page no: 24



Reference: Page no: 35



BOOK CORNER

Hazrat Mariyah Qibtiyyah (ra)

By: Maariya Ahmad

This book is about one of the noble wives of the Holy Prophet (sa), Hazrat Mariyah Qibtiyyah (ra). Most of us have heard of stories about Hazrat Khadijah (ra), or Hazrat Aisha (ra), but not many of us know much about Hazrat Mariyah (ra). I found this especially interesting, because my name is also Maariya, so I was curious to find out more about this remarkable woman.

Hazrat Mariyah Qibtiyyah (ra) was the wife of the Holy Prophet (sa). All of his wives were pure and righteous women and had been given the name ‘Ummahatul-Mu’mimin’ which means mother of the believers.

Hazrat Mariyah (ra) originated from Egypt, and was sent to Medina with her sister, Sirin (ra). On the journey, a missionary, Hazrat Hatib bin Baltaah, taught them about Islam. Both girls were very impressed, and accepted Islam before they even reached Medina! I found this rather interesting as it showed just about how pious Hazrat Mariyah (ra) was.

Another interesting thing I learned was that the Holy Prophet (sa) had been writing and sending letters to leaders inviting them to Islam. One of these letters was sent to Maqauquas, a Roman governor of Egypt. The Egyptians had an old tradition that whenever they received a guest who they wanted to strengthen their relationship with, they would propose marriage to them from the girls of their family--which was how Hazrat Mariyah (ra) and her sister were sent to Medina.

In the year 8th Hijri, Hazrat Mariyah (ra) was gifted with another blessing. She gave birth to a son after her marriage to the Holy Prophet (sa). One narration says that when angel Gabriel appeared to the Holy Prophet (sa) at the occasion of the birth of Hazrat Ibrahim (as), He said, “O father of Ibrahim, may peace be upon you!” The good news of his birth was given to the Holy Prophet (sa) by his servant Abu Rafi.

On the 7th day after his birth, his head was shaved and the amount of silver equivalent to the weight of the hair was given to charity. Hazrat Mariyah (ra) took care of him, staying awake during the nights to watch over him. Sadly, his health slowly deteriorated. When the Holy Prophet (sa) was told that baby Ibrahim's health had become worse, he was assigned another wet nurse.

Hazrat Ibrahim (ra) lived for only eighteen months. He was buried next to Hazrat Uthman bin Maz'un (ra).

The Holy Prophet (sa) passed away shortly after the death of Hazrat Ibrahim (ra). After the passing of the Holy Prophet (saw), Hazrat Mariyah (ra) spent most of her time in worship and remembrance of Allah. Other than the mosque, she would only visit very few places - either the grave of the Holy Prophet (sa) or the grave of her son Ibrahim (ra).

Hazrat Umar (ra) and Hazrat Abu Bakr (ra) gave her a lot of respect at this time. They had fixed an allowance for her, which she continued to receive till her death.

Hazrat Mariyah (ra) passed away during the Khilafat of Hazrat Umar (ra). He led her funeral prayer, and she was buried in Jannat-Al-Baqi.

I have learnt so many new things about the life of Hazrat Mariyah (ra). It is amazing to see the journey through her life, how she started as a girl from the Egyptian nobility and to this day, she is still remembered for being one of the beloved wives of the Holy Prophet (sa).

For me it is very inspiring, and I feel fortunate to be named after such a pious woman, who was such an incredible role model for the world to witness for all time.

Life beyond earth

You may have heard a lot about aliens and may have seen them in cartoons or science-fiction stories. But did the question ever arise in your mind whether they really exist?

The simple answer to this question is: yes, they do! Maybe not in the shape that we have seen them on TV but in a different appearance. But how can we be so sure? If there is life beyond Earth, how can we prove it? The answer is, by referring to the ultimate source.



The Holy Qur'an says,

- And among His Signs is the creation of the heavens and the earth, and of whatever living creatures (Da'bbah) He has spread forth in both.
- And He has the power to gather them together (Jam-i-him) when He will so please. (Holy Qur'an, 42:30)

The Arabic word, 'Da'bbah', covers all animals which move on the surface. It is neither applicable to animals which swim or fly, nor to any form of spiritual life. Another word mentioned here is 'Jam-i-him', which specifically speaks of bringing together life on earth and the life elsewhere. However, it should be kept in mind that the word 'jama' can imply either a physical contact or a contact through communication. But one thing is stated clearly, and that is, this event will occur whenever God desires.



Let's have a look at another verse of the Holy Qur'an.

"Allah is He Who created seven heavens, and of the earth the like thereof. The divine command comes down in their midst, that you may know that Allah has power over all things, and that Allah encompasses all things in His knowledge..." (Holy Qur'an, 65:13)

This verse proclaims that there are seven Earth-like planets i.e. planets that can support life. But what does 'seven' in this verse indicate?

In Arabic, the word 'seven' symbolises an oft-repeating pattern, that is, near-endless multiplicity. Thus, the seven heavens refer to the vast and innumerable layers and regions in our cosmos. The Quran thus tells us that in the same way God has made a multiplicity of the heavens, of different layers and regions of space, he has also made a multiplicity of Earths.

In the next part of the same verse, Allah the Almighty explicitly states that the divine revelation also descends on the life of other Earths (planets supporting life).

The sole purpose of the creation of God is to worship Him. Extra-terrestrial life, being Allah's creation, also worship Him and receiving of the revelation indicates intelligent life. As Allah the Almighty says,

"The seven heavens and the earth and those that are in them extol His glory..."
(Holy Qur'an, 17:45)

It should be clear now that the Qur'an is explicit in discussing the existence of alien life. As mentioned above, we will have contact with them as scientists attempt to do so today. But the fact that more than fourteen hundred years ago such a possibility was even predicted, is miraculous.



References:



Your fingernails grow four times as fast as your toenails?

Babies are born with 300 bones, when adults have 206.

Eyelashes last about 150 days.

The heart circulates your blood through your body about 1,000 times a day.

4

You make about half a quart (500ml) of spit/saliva each day.

5

The smallest bone in your body is in your ears.

6

DID YOU KNOW?

A sneeze blows air out of your nose at 100 mph.

7

You are taller in the morning than you are at night.

8

Children have more taste buds than adults.

9

Your lungs are the only organs in your body that float!

10

Food spends up to 6hrs in the stomach being digested.

Your eyeballs are actually part of your brain.

12

Bones are 4 times stronger than concrete.

13

The largest muscle in your body is the one you are sitting on!

14

Q & A with Beloved Huzoor (aba)



Click on the links below and listen to Beloved Huzoor's (aba) answers to some very interesting questions.

01 Why can't girls become missionaries?

<https://www.instagram.com/p/CF61DBxHy-Ki/?igshid=ueexmcvojbiu>

04 Guidance for Nasirat 01

https://www.instagram.com/p/CH06u_uHIEE/?igshid=g80qtkmpnwy8

02 What's the most beneficial advice given to you from your parents

<https://www.instagram.com/p/CFa5zlyn-Q3D/?igshid=vcj4vdkrte6i>

05 Where will insects go on the day of judgement?

<https://www.instagram.com/tv/CH8XgvphkMS/?igshid=13ma32lzf728>

PROS + OF SOCIAL MEDIA

CONS

- There have already been numerous petitions to reduce the negative impact these applications have on the youth. Using public feedback Instagram has worked on removing a feature which showed how many likes a picture was receiving.
- Additionally, it should be understood that no one requires anyone else's approval to live happily. Our only concern should be to make Allah the Almighty happy and to continue building a strong relationship with Him.
- However, where social media comes with its negatives, there are many benefits to it as well. Posting of useful information that can educate others or help them in any regard is something that makes social media quite useful.
- There are several Jama'at Instagram pages which are being used for both tabligh and to keep the youth informed about any latest events happening across the globe, e.g. Jalsa Salana.
- Consider and make sure that you use social media appropriately and remember that your own pictures should not go up on any account.
- Always be mindful of your social media presence and how your followers or those who can see your account perceive you.

- Social media platforms such as Instagram are very appearance centric. Therefore, users tend to fall into a pit hole where the opinions of others matters above all. People begin to look for the approval of others and worry themselves sick if they don't receive as many likes as they would like.
- These apps promote receiving gratification through strangers over the internet as okay which we need to understand it really is
- It must be considered that external gratification of this sort is only short-lived. One should strive towards attaining content with oneself as they are.



Solar Panels & Renewable Energy



1. Solar panels convert light from the sun into electricity that can be used to power electrical loads.
2. Solar panels are good for the environment and reduce pollution.
3. Remote homes and cabins benefit immensely from solar power systems where the location does not have electricity.
4. Over 200 energy stations have been installed in more than 12 countries in Africa such as Burkina Faso, Gambia, Ghana, Ivory Coast and more.
5. Africa is the continent where the Sun's influence is the greatest which makes it efficient for the use of solar panels.

Under the guidance of Hazrat Mirza Masroor Ahmad (aba), AEC (Alternative Energy Committee) was set up in 2005 to tackle poverty by providing renewable energy solutions like solar & wind energy in the deprived parts of Africa. Some towns and cities suffer from a lack of energy provisions due to poor infrastructure and rural villages which are completely deprived of electricity. So, the AEC (set up by Huzoor (aba)) are tackling this problem.

**More information can be found on
<http://iaaae.org/committees/alternative-energy/>**

Speaking about the importance of financial sacrifice, the Promised Messiah (as) states; “It is not possible for you to love wealth as well as to love God Almighty. You can only love one.” He further adds, “fortunate is he, who loves God. If one of you loves God and will spend in His cause, **I am certain that his wealth will increase more than that of others**”. (Friday Sermon, 3rd January 2020).



So where does my Waqf-e-Jadid contribution go?

- Schools**
- Mosques**
- Hospitals**
- Mission Houses**
- Mualimeen (Teachers)**
- Eye Clinics**
- Water Wells**
- Solar panels**
- Mobile health clinics**
- Computer institutes**

Watch this quick video on the importance of the Waqf-e-Jadid scheme:
<https://youtu.be/JsLJnIBwHfo>

Umme Musa

Have you ever heard of a woman who could throw her baby in the river? Well, this is a true story about a mother who did exactly that and guess what? Allah loved her for doing so!

Let us go back to more than 3,000 years. This mother's true story is actually mentioned in the Holy Qur'an. She was the mother of Hazrat Musa (as) (Prophet Moses, (pbuh)). Her name was Yoqabuz and she was a very pious and righteous woman. Her life was filled with faith, trust and belief in God. She is mentioned in the Holy Qur'an:(ch.28 v:8) as 'Umme Musa' meaning, mother of Musa (as). In verse 4 from this chapter, Allah tells the true story of Moses (as).

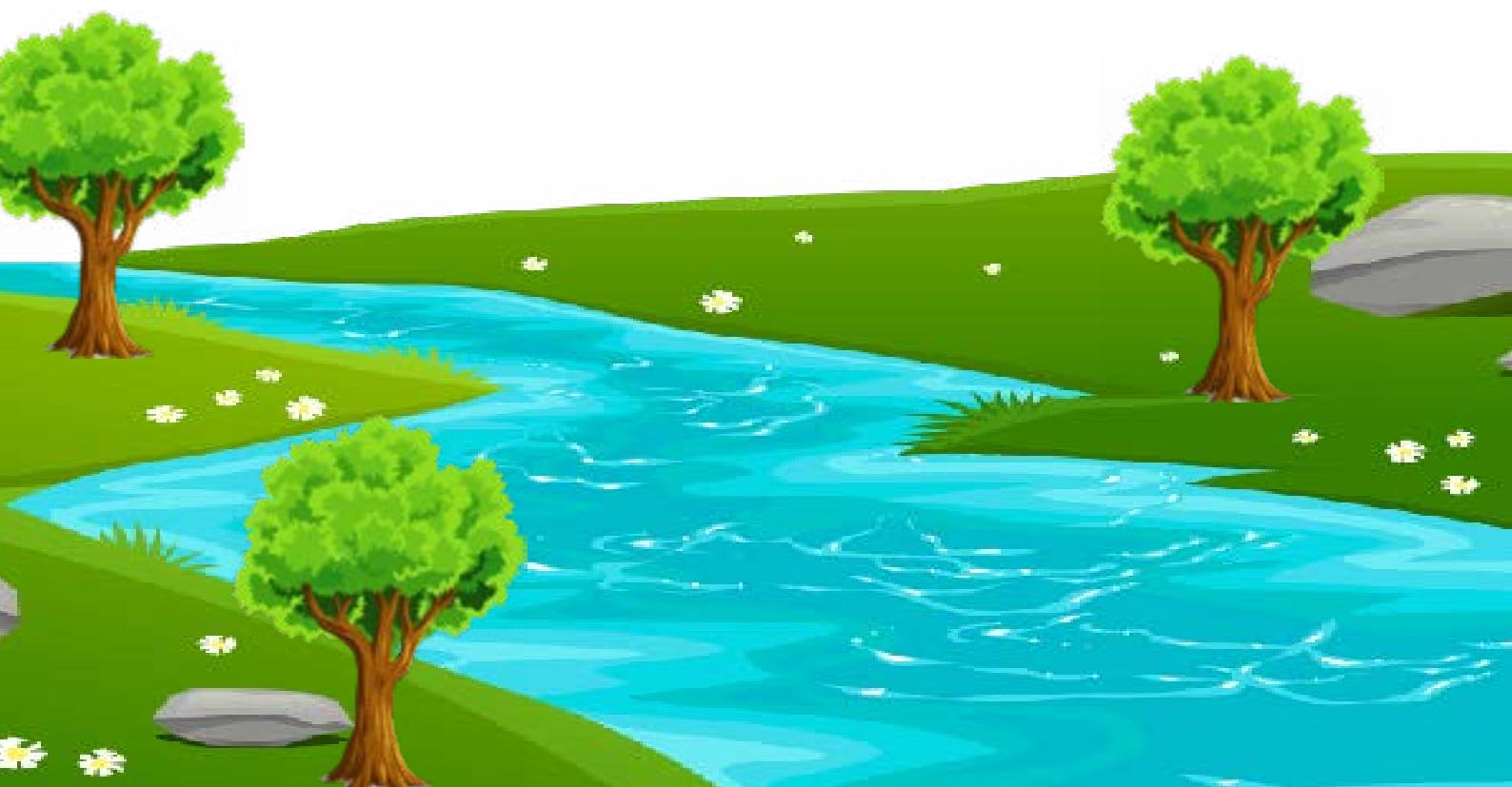
Around the time of Hazrat Musa's (as) birth, there was a Pharaoh called Remeses who was very cruel and violent. To run his empire, he adopted the policy of "divide and rule". He

wanted to rule in a way that would cause different religious groups and castes to fight against each other so they would remain divided thus keeping his authority supreme. He tried weakening a tribe, by killing baby boys and keeping their daughters alive. This was the tribe where Hazrat Musa (as) was born into.

So how was this baby going to survive the Pharaoh's evil plans? As we heard, Umme Musa was a righteous woman who put her trust in Allah the Almighty. Allah reassured her that baby Musa (as) was going to be safe as He Himself would protect him and that Pharaoh wouldn't be able to kill him.



"And we revealed to the mother of Moses saying, 'suckle him: and when thou fearest for him, then cast him into the river and fear not, nor grieve; for we shall restore him to thee, and shall make him one of the messengers'". With this revelation, all the sadness and fear in her heart melted away. (ch:28 v:8)



As mentioned in the verse above, Allah the Almighty promised to return her baby to her. Allah instructed Umme Musa to feed the baby as long as she could until she suspects dangerous activity around her and if she does, she must then throw her baby into the river to prevent him being taken and killed.

As you remember, the Pharaoh had ordered for all boys to be killed.

If we look at Umme Musa's perseverance and total belief in Allah, then it's no surprise she displayed such extraordinary internal strength.

She felt assured and calm because of her strong sense of trust she already had in Allah's promise. She was determined having complete faith about the revelation of reunion with her son and would therefore take any

action required. Allah guided Umme Musa as what to do. She took a basket and covered it with mud on the inside to prevent any water leaking in making sure her baby was kept safe and secure. She then placed her baby in this basket and set him free to flow-by Allah's command. (ch:20 v: 41).



Umme Musa then sent her daughter to see where the basket flowed. She followed the basket until it reached the edge of the river where she saw Pharaoh's daughter bathing in the river. When the daughter saw the basket, she picked it up. Pharaoh's daughter felt love for this baby and took him home. It was then the wife of Pharaoh who persuaded him to keep the baby.

However the baby needed to be fed milk as he was only a few months old. So Pharaoh's daughter would bring many different women to suckle the baby as that was a common custom. But the baby refused to feed from any of them and would cry and cry. The sister of Musa was aware of the situation and offered a suggestion to Pharaoh's daughter that she may know of someone who would be able to feed the baby successfully. The woman was called, and she was no other than Umme Musa! The baby happily took to his real mother's milk and Umme Musa was overjoyed to be with her baby. This was the way Allah the Almighty brought the baby back to its mother. It shows how Allah the Almighty fulfilled His promise to Umme Musa who had put her trust in Him. This also shows the extraordinary love and utmost consideration of Allah towards the feelings of love a mother has for her child. What do we learn from this incredible story? Hazrat Musa (as) was a great Prophet whose name is mentioned in the Holy Quran many times. He is highly revered by Jews, Christians and Muslims to this day. He is mentioned with great love and respect in the Torah, the Bible and the Holy Qur'an.

**Have you ever wondered,
behind this great Prophet was
a woman who had the will and
total trust in Allah. Women and
girls of today still have those
unique capabilities of strength,
forbearance and courage to
change the world!**





JUST BAKE

MAC AND CHEESE

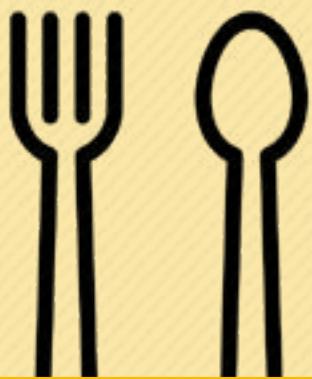
by Malaika Imran (wimbledon Jama'at)

Ingredient

- 250g macaroni
- 40g butter
- 40g plain flour
- 600ml milk
- 250g cheddar, grated
- 50g Parmesan
- 1 Cup/ 120g Sour Cream

Directions

1. Boil the Macaroni according to package instructions. Add 1 tablespoon of salt in the boiling water so that the Macaroni does not become sticky.
2. To make the cheese sauce, melt the butter in a large stockpot over medium-high heat.
3. Now add the dry ingredients - flour, salt, and garlic powder (but make sure to not let it brown).
4. Let it cook (you will see it bubbling) for about 60 seconds.
5. Now add milk and whisk the mixture really well. Add the sour cream or Greek yogurt and whisk again. Do NOT let this mixture boil!
6. Add the cheese and whisk until the sauce is smooth and all the cheese is melted.
7. Once the cheese sauce is silky smooth, turn off the heat, add the cooked pasta and stir to combine
8. Serve and enjoy!



Northern Ireland Jama'at

By: Adeena, Northern Ireland

Assalamo Alaikum, my name is Adeena and I am 15 years old. I have two younger brothers Mohammad and Ayan. Mohammad is 11 years old and Ayan is 7 years old. They are both really annoying as you can probably imagine. All siblings are like that aren't they? Anyway, I am going to be telling you about my feelings on becoming part of the UK Jama'at but before I do, let me tell you more about our Northern Ireland Jama'at!

In our Jama'at we have 12 people all together. 3 Nasirat (including myself) 3 Lajna, 4 Khuddam and 2 Atfal (my two brothers!) Northern Ireland is a small part of the UK and the capital city is Belfast. You've probably heard of it. The Titanic was built there so that's why it's so famous.

We have also been very active in charity work and preaching the message of Islam. For example, we have recruited over 1000 people to donate blood to the Northern Ireland blood transfusion service and also have raised thousands of pounds for Northern Ireland Air Ambulance and Cancer Research. I know it's amazing isn't it? Our charitable work has been applauded by people of all walks of life and members of parliament so much so that they have written letters of appreciation to Beloved Huzoor (aba) and invited him to visit Northern Ireland.

My feelings about being part of the UK Jama'at:

I guess one of my feelings is that I'm excited because now I am the Nasirat secretary for Northern Ireland! It is a huge responsibility, but I will try my best to get used to it! At first I was a bit scared because I was leaving my friendship group behind from the Ireland Jama'at and will have to make new friends but I'm sure that won't be too hard. One thing that made me feel less scared was the fact that everyone was so welcoming from the National Nasirat department.

I truly am really happy and excited to become a part of this Jama'at!

The lockdown and pandemic overall have made me realise the importance of Jamaati events. Therefore, for the coming future I am very excited to visit Mubarak Mosque Islambad, Tilford and the next Jalsa Salana UK.

Another thing you should know about me is that I love animals especially dogs! (Golden retrievers to be precise) I also love horses. I go horse riding and it is amazing you should try it, it's so much fun! This may probably be why I really wanted to become a Vet growing up. If you haven't heard of golden retrievers before please search them up and you will fall in love with them.

I hope this short read helped you to get to know a little bit more about both the Northern Ireland Jama'at and myself.

If you're interested to learn more about North Ireland or our Jama'at--feel free to send your queries to nasiratmagazine@gmail.com

Embracing Disability

Assalamo Alaikum! My name is Laiba Mian, and today I would like to talk to you all about a disability that I have. My disability is called Cerebral Palsy and because of it, I can't walk. As a wheelchair user, there are some things you lovely ladies might find useful when approaching people like me. I hope you enjoy and find this short article informative and eye-opening.

I may have a disability, but I am just like you! I am a 17-year-old A-level student currently studying English Literature, Sociology and History.

Over the past few years, we have seen how people have opened up to speak more about the different disabilities people do suffer from. We often see disabled people on the streets or in classrooms and you might have at some point thought; "they seem nice, but what is the best way to approach them?"

Well here is what you can do:

1 Smile! The best way to approach a disabled person is to smile and not stare. Disabled people have feelings too and although we may look and act different we are just like you! So greet us with a smile and say hello just like you would want someone to greet you.

2 Try to avoid asking us about our disability straight away. Although, you may be curious, it is better to make people feel both comfortable and welcome before you crack a conversation based on their disability. It is important to know that not everyone likes to answer questions about their condition as it's a very sensitive and personal subject which may well overwhelm and upset them.

3 If we are with someone else, don't ask them questions about us (immediately). See if we respond to you first, and if we do, ask us your questions directly. Then if we want to we will answer—but, if we don't respond and you are still curious, ask the person we are with (in a polite way).

4 If we use things you haven't seen before like a wheelchair, don't touch our belongings or ask if you can FIRST. If we want to, we will tell you how we use our equipment. If we say no don't keep asking because it can be very upsetting. Respect what we say, please!

5 We are not just our disability. Even though, we look and/or act different, we're people just like you; we have hobbies and interests, opinions so ask us about that too! Our disability may be what you see first but remember we have hearts just like you!

Remember

you may be curious but if someone refuses to reply, respect that! It is also important to note that not all disabilities are visible, so be mindful of that! Beloved Huzoor (aba), often tells us to treat people with love and care. Our motto is 'Love For All Hatred For None' so I hope this article has been helpful in showing you how you can make every member (regardless of how they look or act) feel integrated in society.

Laiba Rafi Mian

My Doc and I with Dr Basma

Dear Nasirat, you and I are going to work together in every Ayesha issue to keep our body and mind as healthy as possible!

Let's begin with the current news about the lockdown! We've been given lots of advice about washing hands regularly, wearing masks and not to meet and greet each other in homes. But not much is said about mental health which is very important. Did you know it's not just our physical bodies that we need to take care of but our minds as well?

Think of your body as a machine, your brain being the control centre. If your brain becomes unwell, it can affect your mood and how you think. The current pandemic and lockdown has had many children feel lonely, frustrated and unable to make sense of it all.

These feelings can be normal but sometimes they can worsen and become 'too much.'

You might find yourself:

1. Struggling to sleep at night/ having bad dreams
2. Keep thinking about things that worry you e.g. your family getting the virus
3. Becoming panicky if you forget to wash your hands or someone near you coughs etc.
4. When you worry, you feel like you can't breathe/ your heart is beating too fast/ you feel dizzy
5. You're sometimes unable to concentrate in school
6. You don't feel like eating as much as you normally do
7. Your tummy hurts or you feel like you're going to be sick

If you have any of these and you don't know what to do, please do not worry!

The good news is that there are lots of things you can do to keep your mind healthy and happy during the lockdown!

Share your feelings:

They say a problem shared is a problem halved! Find someone you trust, whether that's your parent, an older sibling or teacher and speak to them about your feelings. You need to explain to them what you're feeling and thinking, for example "I can't sleep at night because I'm worried about my mum getting coronavirus". By sharing your worries they become less powerful, and the person who you have shared them with can give you advice, guidance or even a hug that will make you feel better. Not sharing your feelings, makes them grow inside you making you feel worse.

Make time for fun activities:

It's important to take time to relax and distract yourself by doing things you enjoy. Take time out during your day, even if it's just for half an hour, to do something you love e.g. drawing, reading or something else.

Keep to your routine:

The coronavirus has completely changed the way we live our lives, making us feel rather anxious at times. One way we can gain back control is by keeping up with our daily routines. Whether you're learning online or aren't going to school, it's important to still wake up at the same time as before, change out of your pyjamas and try not to spend too much time watching TV. Of course, it can be fun to have a few 'lazy days' now and then, especially if you've recently sat exams but if you don't keep to a normal routine then your mood might become low, feel a lack of motivation and become frustrated. Think back to summer holidays

when they begin, you're really excited to have time to relax but by the end of them, you can't wait to go back to school! Human beings crave routine and structure. This is why Allah the Almighty, in His infinite wisdom, ensured Muslims have this daily structure through the offering of our five daily prayers.

"Switch off" before bedtime:

You probably need your laptop for online learning, but studies show that our laptops and mobile phones use 'blue light'. This 'blue light' can make it difficult for you to sleep because your brain thinks it is still daytime. You should ensure that you don't use your phone for at least an hour before you go to sleep. Instead, use that time to have a shower, drink some warm milk, or read a book.

Exercise:

Let's not forget to keep your body healthy as well. How you feel physically can affect you mentally. It is recommended that you do at least 30 minutes of physical activity every day. Even during lockdown, you're allowed out to exercise so why not take your mum or dad for a walk in the park after dinner? That way everyone gets to exercise, and bond as a family too as you're not distracted by TV, computer and hopefully the phone! When you exercise, your brain releases chemicals called endorphins that make you feel happy. So, the more you exercise the happier you should feel!

Hadhrat Musleh Maud (ra), Khalifat-ul-Masih II, states: "We inculcate the habit of physical exercise so that we can be lithe and active, so that our limbs become strong and so that we gain courage." (Al-Fazl, 28 March 1939, pp. 2)

"We inculcate the habit of physical exercise so that we can be lithe and active, so that our limbs become strong and so that we gain courage."

Eat well:

With the lockdown, a lot of restaurants and takeaways are offering deals on apps such as Deliveroo or Just Eat! Whilst there is nothing wrong with the occasional treat, as Muslims we should ensure we eat with moderation. Your meals should mainly consist of fresh vegetables, lean meat or fish and some complex carbohydrates such as rice or pasta. Although fast food like pizza, burgers or ice cream taste good, they don't have the nutrients your body needs. That's why you feel hungry soon after eating a meal from somewhere like McDonald's. Not only this but they also contain fats that can over time clog up the blood vessels that supply your heart. Fast food also contains refined sugars. Refined sugars can make you feel like you have a lot of energy for a small amount of time, after that they cause a 'crash' where you feel like you have no energy.

The Promised Messiah (as) warned that the food we eat affects our mind, and therefore our spiritual state. He writes; "It should be understood that according to the Holy Qur'an, the natural state of man is intimately related to his moral and spiritual states. So much so that even his eating and drinking habits affect his moral and spiritual states." (Philosophy of the Teachings of Islam, pp. 18)

Speak to a doctor:

If after trying all of the above for a few weeks you still continue struggle, then it's important for your mum to take you to your GP. They will help by doing tests to make sure you are physically healthy. They can also listen to your concerns and offer their expert guidance and support.

Prayer:

In the Holy Quran, Allah the Almighty says; "...pray unto me, I will answer your prayer." (40:61). Prayer is our protection; we can speak to our beloved Lord and ask for His help. When you are feeling especially worried or stressed, take the time to pray 2 raka'ats of nawafal prayer. When praying, try to really focus on the meaning of the verses you are reciting, this will help focus your mind and strengthens your prayer.

Have any questions about your health? Is there something you've always wanted to ask a doctor but haven't been able to? Eg: Eczema? Acne? Anxiousness? Well you can ask me here anonymously if you wish and see your answers in the next issue! Submit your questions to:
nasiratmagazine@gmail.com

May Allah always be with you.



Illustration by
 Bushra, 14yrs,
 (Farnham)

2020

Dear 2020, just a question, why so cruel?

We greeted the year with joy,
But now with the same passion we want to wave it goodbye.

It was like we had the food but couldn't eat.

Like everything was happening in front of our eyes,
But we were unknown to the happening.

There was a time where most of us felt ashamed hiding faces
But now wherever the eye drops you see masks.

There was a time where we used to share music via Bluetooth,
Now there is this time where we share a virus through people.

After welcoming the year, we found out about its other side.

The harshness animals had to feel we are feeling,
Locking them up in cages without their permission now we are locked ourselves.

It feels like we are being punished for all the harms we brought to the planet,
to the creation of Allah.

Dear 2020, just a question, why so cruel?

Attia-Tul-Hayee (age 13)

Honestly

I broke the law of truth,
It didn't hurt at all.

I broke the law of gravity,
I didn't mind the fall.

I didn't know what I was getting into,
Until after the fall.
It was like I was stuck in an igloo,
People had a scrawl.

The thing I didn't know,
That I was all alone.
I didn't know what I own,
Or who I am or if I am unknown.

Now this poem will tell you,
How truth will set you free.
Instead of burning fire,
I hope you agree.

Ajla Tariq, age 10
(Milton Keynes)

A SLICE OF KINZA'S LIFE

Come on wake up now...you have to get up...you need a lot of time to get ready and follow your timetable...five more mins...or may be ten? Who needs hours to get ready I'll be very quick anyways.

Her eyes were closed, and she was half asleep during this struggle between her heart and mind.

She was already half an hour late; her alarm went off on time and then twice after she tapped on snooze...

Now third time when she heard the sound of chimes...her favourite alarm sound, she decided to get up silently declaring her brain the winner of the day.

But the actual struggle began when she looked at the clock

Oh my God...she missed the Fajr prayer and Recitation of the Holy Qur'an! Not 2 days in a row she thought and sadly looked at her glittery timetable which she made a few days ago. The reminder for Fajr prayers and recitation of the Holy Qur'an were written in bold and highlighted.

The disappointment was overtaken by the sudden need to move as fast as she could to reach school on time...

This was Kinza's routine almost every day. She was mostly late for school and her homework was not up to the mark. She was always behind her schedule. She made many timetables and decorated them for hours but never actually followed any. In the midst of all this her biggest regret was that she kept missing her fajr prayers and recitation of the Holy Qur'an.

Kinza was not always like that she, used to be a very well-organised and active girl. It all started when one day her mother sat her down and told her to realise her responsibilities and get sensible with her routine. All her mother wanted was for Kinza to learn the importance and value of punctuality especially in her five daily prayers and recitation of

the Holy Qur'an. At first Kinza thought how hard could it be to set an alarm to wake up or follow the timetable by herself. But as time went by and she was unable to do anything on time she started to get irritated.

In the morning she'd get really angry seeing her mother helping her younger siblings. Kinza started to think that no one cared for her and that she wasn't important. The more she thought about it the sadder she became.

Everything began to feel dull around her and she finally decided to talk to her mother once and for all about it. But it was not that easy because her

mother always had answers to her questions which was even more frustrating. Kinza was not at all interested in the answers to her questions, rather, she just wanted her mother to help her with little things like waking up on time or constant reminders for homework etc

I will speak to Mama tonight and tell her how unfair she is... Kinza decided and left for school to get another late pass...

To be continued...

Munazza Qureshi

BRAIN TEASER

What are the next three letters in the following sequence?

J, F, M, A, M, J, J, A, __, __, __

Riddle

There are 20 people in an empty, square room. Each person has full sight of the entire room and everyone in it without turning his head or body or moving in any way (other than the eyes). Where can you place an apple so that all but one person can see it?

Welcome to etymology corner!

Have you ever wondered where words come from or how we give meaning to a word? Read on to find out...

Etymology is the study of the history of words. Like us, words are born and develop in many ways throughout their lives. We go on different journeys and gain new insights, but our roots remain firm as one of the most important parts of our character. Similarly, the root of a word, is one of the most important parts because it carries the most meaning. By tracing the etymology of a word, we can find this root.

Why is this important?

Well, if you find vocabulary tests boring, struggle with the spelling or pronunciation of a word, or find it difficult learning a new language, then discovering etymology will make it much easier and more interesting for you!

Here's an interesting example:



Here's some more interesting words for you to explore:

Pandemic
Corona
Genuine
Respair

You might have guessed, '**quarantine**' is a perfect example of how the root of a word offers us such an interesting insight into history and by extension the true meaning of a word. The origin of **quarantine** can be traced back to the Black Death that spread across Europe during the 14th Century. The term was coined in Italy as ships were made to isolate on nearby islands for forty days before they were allowed ashore in order to control the spread of the plague.

So, as you find yourself "**quarantined**" at home due to the devastating Covid-19 pandemic, perhaps you could take the time to ponder about the origins of this word. Luckily, we don't have to quarantine for forty days! But do you think this is a reason to adapt this word to make more sense logically, or do you think that the meaning of this word has evolved over time to more generally refer to the practice of restricting movements? Regardless, it will make for an interesting discussion in lockdown!

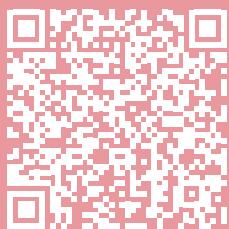




Leave us your feedback on
nasiratmagazine@gmail.com
and tell us what you'd like to see in the
upcoming Ayesha issues!

If you enjoyed our fun riddle have a go at our new quizzes. Click and follow the links below & test your religious and general knowledge.

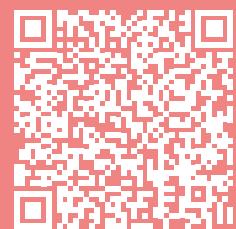
The Holy Qur'an



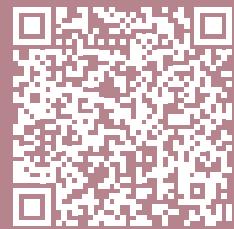
Salat (Prayer)



General Knowledge



General Knowledge (2)

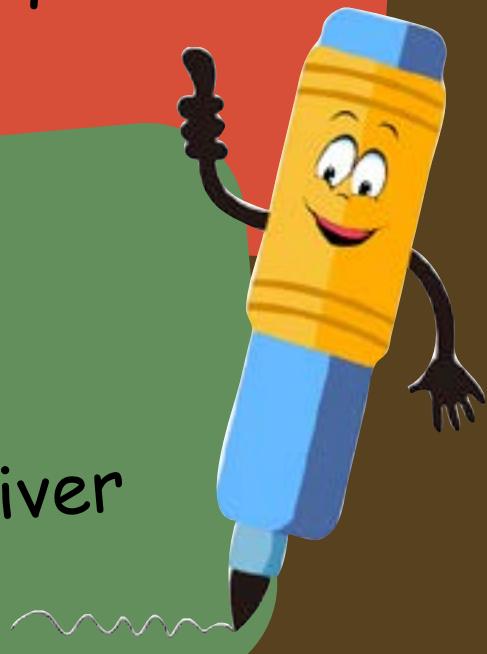


WHAT DO THESE PHRASES MEAN?

1. In a pickle
2. Money doesn't grow on trees
3. Finger lickin' good

4. Ugly Duckling
5. I'm chuffed to bits
6. Fancy a cuppa

7. Over the moon
8. Let's call it a day
9. Piece of cake
10. Every cloud has a silver lining



ANSWERS

Phrases:

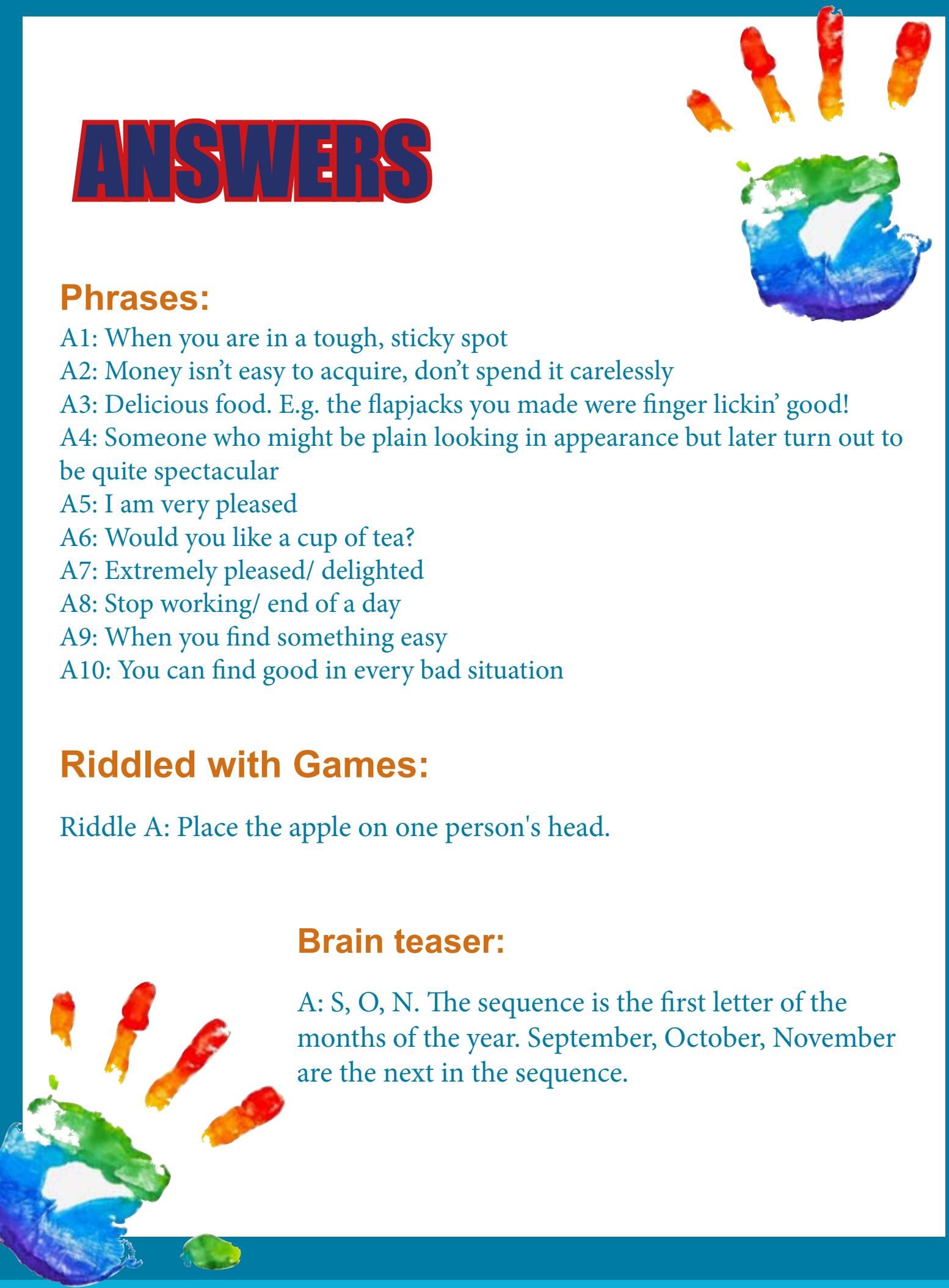
- A1: When you are in a tough, sticky spot
- A2: Money isn't easy to acquire, don't spend it carelessly
- A3: Delicious food. E.g. the flapjacks you made were finger lickin' good!
- A4: Someone who might be plain looking in appearance but later turn out to be quite spectacular
- A5: I am very pleased
- A6: Would you like a cup of tea?
- A7: Extremely pleased/ delighted
- A8: Stop working/ end of a day
- A9: When you find something easy
- A10: You can find good in every bad situation

Riddled with Games:

Riddle A: Place the apple on one person's head.

Brain teaser:

A: S, O, N. The sequence is the first letter of the months of the year. September, October, November are the next in the sequence.



Writing Competition

Calling all Nasirat creatives and writers!

Get creative and win special prizes. Enter the competition by submitting a short piece on one of the following topics for your age group:

7-9: Write a short fantasy story of your choice with the moral "truth always triumphs." Your story can be a recreation of an existing story or one you've come up with yourself.

10-12: Write a short piece discussing the consequences of mockery. You can present this in the form of a short story or dialogue/ role-play situation.

13-14: Discuss why gossiping on social media may be harmful. You may present this in the form of a short story, a dialogue/ role play situation or any other way you'd like to.

Remember to be creative, fun and unconventional because that is what our judges will be looking for in the winning submissions.

Competition rules:

Include your name, age and Jama'at
All submissions should be sent as a word document
Maximum word limit: 350 words
Deadline for all submission: 5th April 2021

Send your articles through to the Ayesha Team on nasiratmagazine@gmail.com. We'll be awarding 1st, 2nd 3rd position holders with prizes, and featuring their work in the next Ayesha Issue and the Nasirat website.

Become part of this fun competition and get thinking.



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