



With Allah's Name, The Merciful Benefactor, Merciful Redeemer

# MASJID AL-MU'MINUN

1127 HANK AARON DRIVE, SW ATLANTA, GA 30315 - 404.586.9562 - [www.masjidalmuminunatlanta.org](http://www.masjidalmuminunatlanta.org)

DECEMBER 2014

## LIVING IN COMMUNITY LIFE: PART II

*Contributor: Anees S. Fardán, MA, CAADC*

**With Allah's Name, The Merciful Benefactor, The Merciful Redeemer**

As stated in our last discussion, we are created, by Allah, to be social creatures. We were created good and every human being desires good. We want to be loved, provided or cared for, protected, given a sense of purpose, have access to the resources needed to fulfill that purpose, and we want to have the feeling that we are growing and learning each day of our lives.

One of the best feelings a human being can have is the realization that he/she has learned or grown, especially after a difficulty!

When you have been faced with a dilemma that has you stuck, but you persist and work through the problem despite the adversities. When you feel frustrated by a situation and can't find the answer, but calm yourself and seek assistance, more knowledge, and mental space to think. When you have a need beyond your immediate ability, but know in your heart and through your actions you will be soon delivered. This is the spirit of "The Muslim" (the one who envelops Peace through his/her submission to Almighty Allah), this is the High that people are seeking when they use drugs, or engage in Thrill-seeking behaviors. This is the natural high that comes from trusting in what Allah has already given us - our intellect, talents, and gifts.

We have been created to struggle through difficulties and win through. Developing a sense of personal power through our belief that Allah is always providing, nourishing us, teaching us, protecting us, being our Benefactor! Believing strongly that whatever difficulty we are faced with is just a test that we will pass (Inshallah – through Allah's Will). Being Muslim means we learn that working through our difficulties are the best demonstrations of faith. Allah is pleased with us when we acknowledge our struggles and work diligently to overcome them using the principle, values and lessons He teaches us in scripture and in the life of the Prophet (PBUH).

*Article Continued on Page 2*



### HADITH OF THE MONTH:

"The Messenger of Allah, may Allah bless him and grant him peace, said, 'Every deen has an innate character. The character of Islam is modesty.'

**Al-Muwatta – Hadith 47.2.9**

### AYAT OF THE MONTH:

"O you who believe, fear Allah, and everybody must consider what he (or she) has sent ahead for tomorrow. And fear Allah. Surely Allah is fully aware of what you do. Do not be like those who forgot Allah, so He made them forget their own selves.

Those are the sinners."  
Surah Al Hashr 59:18-19

## LIVING IN COMMUNITY LIFE: PART II *(continued)*

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It is through Allah's permission that we find ourselves in the circumstances we are in. Whatever our trial, it would not exist unless Allah allowed it. When we find ourselves in "the dark" (a circumstance where we can't see clearly what to do or where to turn to) we need to stop, slow down, and think about what it is Allah is preparing us for; Reflect upon what it is we have already gone through, experienced, or received; And, act in ways that demonstrate your faith that the answer is close at hand.

So we have to go into a zone where we seriously pursue the idea that it is something about me, the way I see myself, how I am looking at others, how I perceive myself in the context of others, how I want to be seen by them, but how I know how I should be in order that Allah is pleased with me.

And this is where we have to get honest and consider:

- Are we reading our scripture to develop the character that Prophet Mohammed and the Sihabahs exemplified?
- Are we developing personal rituals to keep us reminded of our obligations to better our community?
- Are we developing a sense of integrity by being who we say we are?

The only way to develop a strong community is if each one of us stay on the right path, the straight path and help one another to do the same.

Being Muslim means we have to love ourselves, which will only come from knowing we are living in accord with the Will of Allah and not just trying to get by. We have to see ourselves in the work of Allah. Knowing that what we are engaged in will benefit our personal self, yes, but more importantly, our families, neighbors and community.

We are social creatures so when we are not nurtured; made to feel unsafe and insecure; not cared for or easily harmed; exposed to emotional pain, distress and/or physical violence; violated sexually; abused by people you trusted or people you didn't know; exposed to criminal thinking and behaviors; kept from developing your talent and gifts and turning them into skills; we are kept from knowing our true nature. We find ourselves in "the dark" hurting, lost, afraid and easy prey for shaitan and his little devils.

The above conditions strengthen the course of evil doing and the whispers of shaitan. And these conditions seem to be increasingly what is normal today, what do you think about that?

[Take note that shaitan is not capitalized because the enemy does not rate or deserve any form of respect.] *(To be continued)*

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### **CALLING ALL BELIEVERS!!!**

Come join our financial collective

**Muslim Community Development Group\***

located at

**Atlanta City Employees Credit Union**

**670 Metropolitan Parkway**

**Atlanta, Georgia**

Take advantage of this opportunity to save for your obligatory HAJJ journey or "responsibly save" in preparation for your FINAL expenses when traditional life insurance is not an option.

Accounts can be opened with as little as \$25.00

\* Muslim Community Development Group was formed last year, 2013, by a group of seven (7) local Masajid. They are currently seeking potential members to join their Board of Trustee

From the Archives—

## **WE HAVE ENEMIES** *By Imam W Deen Mohammed*

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**Date Written: 01/28/1979**

Don't think we are people left alone. Don't think we don't have enemies. When you are known for your innocence, for your goodness, your enemies don't strike you in the light. They have to strike you in the dark. They strike you behind your back. They strike you in the closet. They strike you from under the rock, from behind the wall.

They can't come out in the open because people know you for your goodness. And they fear that if they strike you in the open, they will be readily condemned, immediately condemned. But what they do, they start the subtle war to defeat your good efforts, to ruin you. You see?

So the better you become as a servant of the path of righteousness, as a servant of G-d, the more sophisticated the war of your enemies become.

Sincere believers in Almighty G-d, they have the worst kind of war waged against them, because it's so deceitful, it's so secret, it's so hidden. Do you know we got people right now doing everything in their might to deprive me and this community of economic growth?

They are convinced that they can't stop the moral and spiritual blessings because they're coming from a position that's too high for them to reach. So they say we will stop the economic benefit. And they have been trying hard ever since they saw it was no hope to destroy me and those who walk with me morally and spiritually. Yes. You have to be aware of that.

### **Don't put heart or hope in economic growth**

They pretend to be our friends. They pretend to be standing around to help us as strong supporters. They are standing around waiting to hurt us, to deny us growth, economic growth.

I don't want any Muslim to put their heart or their hope in economic growth. No G-d fearing person can ever guarantee or he'd never really make any strong promise of economic growth.

G-d doesn't want our hearts in that kind of thing. Our hope is in moral excellence, spiritual devotion to Almighty G-d and G-d alone. Our hope is in complete struggle. Complete struggle. Moral struggle. Academic struggle. Social struggle, political struggle. Financial struggle.

Our hope and our dedication are to the total struggle of the human family. Not leaving out anything. If we don't get a thousand dollars next week, but we get 500 pounds of moral excellence. 100 pounds of intelligence. Another hundred pounds of social purity. Why we are happy though we miss the thousand pounds of currency. We hope for currency too. But we will never put our hearts again in currency.

# Part 1: PREPARING FOR OPPORTUNITY

*Contributor:* Taqwa Siddeeq, Executive Director, Neighborhood Works, tsiddeeq@neighborhoodworks.org

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Many years ago I listened while a successful businessman made a \$200K profit on a deal with a phone call. Afterwards he explained it to me this way: “You have to be prepared for opportunity.” He was right, and that lesson applies beyond the boardroom.

We have the opportunity for real community life, but it is not guaranteed. An important leader once observed to others that opportunity moves at the speed of light. This is why we must prepare for the opportunity to develop ourselves as a community. Because, if we do not properly prepare for this opportunity, when it comes, chances are we will miss it, and it may be a long while before we see another such opportunity.

Communities do not build themselves. Communities are intentionally built by committed people working together, either directly, as was done in our country’s history, or working through organizations, as is done in modern times. The process of community development involves various organization types and initiatives, and is a deliberate, intentional, and focused endeavor. This process cannot be properly engaged without first being properly enabled. In order to develop itself, a community must first position itself to engage the development process by formally defining, organizing, and enabling its resources. The following outlines these steps in the context of our community development aspirations.

*The first key step is defining ourselves as a community, including identifying the core values that bring us together and uniting around them.*

Unity implies trust. In this step, we must be careful to separate our congregational identity from our community identity, because the two are sometimes very different, and to combine them can become very counterproductive. Core values should be fundamental and not subject to change.

*The second key step is establishing the priority goals and actions for the community collective. These must be practicably achievable.*

Some goals or actions the collective might choose to develop and actively promote includes initiatives and institutions that promote education, sociocultural and family bonds, advocacy and legal services, financial planning and support, employment and business opportunities, and affordable housing and community living opportunities. These goals and actions are subject to periodic review and are expected to evolve over time.

*The third key step is to secure a fundamental, consistent, and actionable commitment from the people that make up the community.*

In order to build successful community, potential members must have a reliable conception of both, their obligations of, and the benefits of, being a part of the community, and be both willing and able to accept these obligations. This becomes their commitment. It is this commitment that gives a community of people the essential ability to consistently generate the financial capital and human resources necessary to effectively mobilize community development resources.

In part 2, we will introduce Neighborhood Works, Inc., and demonstrate its value to our community development aspirations.

# MUSLIMAHS RUN

On November 8, 2014 in Savannah, Georgia muslim women from all over the country gathered to run the Rock and Roll Marathon and 5K. Muslimahs Run and Muslimahs on the Run are two of the groups out of Atlanta that participated in the festivities.

Muslimahs Run would like to invite you out to walk/run with other health-conscious sisters.



## Did You Know?

Running is an incredibly effective at making you healthier in a number of ways. While it may not be everybody's favorite form of exercise, knowing what it can do for your life just may make you look at running in an entirely new light. Here are 6 benefits of running:

- Improve your Health
- Prevent Disease
- Lose Weight
- Boost Your Confidence
- Relieve Stress
- Eliminate Depression

**Join us for our weekly runs!**

**Every Thursday at 6:30p  
Maynard Jackson High School Track**

**Every Sunday at 7:30a  
Lake Buena Vista, East Lake Community**

**Visit our new page on FB!  
[www.facebook.com/muslimahsendure](http://www.facebook.com/muslimahsendure)**

## ATTRIBUTE OF THE MONTH: Al Batin—The Hidden One



"Al-Batin", the One Who is obscured from the eyes of His creatures due to the intensity of His appearance, the Hidden One due to His Essence

that defies the minds and intellects.'

**"He is the First and the Last and the Ascendant (over all) and the One Who knows all hidden things, and He is Cognizant of all things" (Qur'an, 57:3).**

**The Messenger of Allah has supplicated thus:**

*Lord! O God of the heavens and of the great Throne! Our Lord and the Lord of everything! The One Who splits the seed and the date-stone! The one Who has revealed the Torah, the Gospel, and the Holy Qur'an! I seek refuge with You against the evil of every being whose forelock is in Your Hands! Lord! You are the First; there is nothing*

*before You! And You are the Last; there is nothing after You. You are the Apparent; there is nothing beyond You, and You are the Hidden One; there is nothing that can reach You! I plead to You to pay our debts on our behalf, and to save us from [the humiliation of] want.*

He is al-Zahir through sufficiency, al-Batin by objectivity, al-Zahir due to His bounties, al-Batin through His mercy. He is the Apparent One Who subdues everything, the Hidden One Who knows the truth about everything, the One Who is Apparent for everything by way of convincing proofs, the One Who is Hidden from any physical appearance. Glory, then, to the One Who has obscured Himself from all creation by His light, Who is Hidden from them because of the intensity of His appearance.

The Almighty has said, **"... and made His favours to you complete outwardly and inwardly" (Qur'an, 31:20).**

# Understanding the American Election Process and Why We As Muslims Should Participate In It (Part 1)

**Contributor:** Ahmed Najee-ullah, Convener of Board of Trustees

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Some of you may not know that we live in a country that is based on a representative form of government. That means since we all can't run the government together, we elect people from among us to represent us in governing us. How did this come about?

In forming this type of government, you must go back in history and look at how this country was founded. You must remember that there were 13 colonies of Great Britain. These colonies were under the power of King George. King George ruled the colonies like a dictator. The colonists felt that they had no representation under British rule. As a result, they broke away from the British government and formed their own government. Most of the colonists that came here were of the Protestant faith of the Christian religion. They were persecuted in Great Britain for their beliefs and therefore when they formed the government of this country, they were very sensitive to religious tolerance. When Thomas Jefferson wrote the Declaration of Independence, he pulled from his study of Islam to form a government that included all religions. It is very interesting that he bought his copy of the Holy Qur'an about 11 years before he wrote the Declaration of Independence. Most of the founding fathers who created the U.S. Constitution were students of the Holy Qur'an. (*Thomas Jefferson's Qur'an by Denise A. Spellberg*). It is an interesting fact that most of the Holy Qur'ans that were published during this time were printed in German. Germany at the time was the center of learning for the western world.

Anyway, what is this representative form of government? The founding fathers felt that to get away from a dictator form of government, they created 3 branches of government. They were the executive, the legislative and the judicial. Look at it like a triangle with the executive at the top (President), the legislative (Congress), and Judicial (court system) at the base.

- **Executive Branch** - The President carries out federal laws and recommends new ones, directs national defense and foreign policy, and performs ceremonial duties. Powers include directing government, commanding the Armed Forces, dealing with international powers, acting as chief law enforcement officer, and vetoing laws.
- **Legislative Branch** - Headed by Congress, which includes the House of Representatives and the Senate. The main task of these two bodies is to make the laws. Its powers include passing laws, originating spending bills (House), impeaching officials (Senate), and approving treaties (Senate).
- **Judicial Branch** - Headed by the Supreme Court. Its powers include interpreting the Constitution, reviewing laws, and deciding cases involving states' rights.

Each part of the government is connected to the other. Each has its own responsibilities and powers. A system of checks and balances prevents one branch from gaining too much power.

Some delegates, however, would not approve the Constitution when it was sent to the states for ratification until it included a bill of rights listing the individual rights of every citizen. So, the Continental Convention (founding fathers) promised a bill of rights would be attached to the final version. Several amendments were immediately considered when the first Congress met in 1789. Twelve amendments, written by James Madison, were presented to the states for final approval. Only ten were approved. Those ten make up the Bill of Rights. They are also the first ten amendments to the Constitution.

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# Understanding the American Election Process and Why We As Muslims Should Participate In It (Part 1) *article continued*

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A delegate from Connecticut, Roger Sherman, proposed a two-house legislature, consisting of a Senate and a House of Representatives. The Senate would have an equal number of representatives from each state. This would satisfy the states with smaller populations. The House of Representatives would include one representative for each 30,000 individuals in a state. This pleased states with larger populations.

This two-house legislature plan worked for all states and became known as the Great Compromise. As a result of having a House of Representatives that is based on the population in each state, the census count was established to reflect the population being represented in Congress. The U.S. Census counts every resident in the United States. It is mandated by Article I, Section 2 of the Constitution and takes place every 10 years. The data collected by the decennial census determine the number of seats each state has in the U.S. House of Representatives and is also used to distribute billions in federal funds to local communities.

Once ratified, the Constitution set the basis for the government we have today. Powers are divided between the federal (or national) government and the 50 states. The Founding Fathers knew they had to leave enough powers with the states when they were writing the Constitution. If they didn't, they knew the state legislatures would never ratify the Constitution. All states were granted the right to control certain things within their borders. They could do so as long as they did not interfere with the rights of other states or the nation.

Each branch is restrained by the other two in several ways. For example, the president may veto a law passed by Congress. Congress can override that veto with a vote of two-thirds of both houses. Another example is that the Supreme Court may check Congress by declaring a law unconstitutional. The power is balanced by the fact that members of the Supreme Court are appointed by the president. Those appointments have to be approved by Congress.

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## Keeping in Step with Nature in the Changing Season

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**Contributor:** Laila Qadira Yamini, Certified Holistic Health Coach, [www.footstepstowellness.net](http://www.footstepstowellness.net)

Growing up, my mother taught me that watermelon eating pretty much starts right after Memorial Day (last Monday in May) and goes up till Labor Day (1<sup>st</sup> Monday in September). To consume watermelon any time outside this season was considered a no-no. Also, during the mid-part of the 20<sup>th</sup> century when this country's food transport system was very limited, it was next to impossible to get watermelon out of season.

Not anymore, of course. Watermelons and other summer produce can very easily be purchased any time of the year because often they are imported from states (and countries) that have more extended growing seasons. Or they're grown in local hothouses. Seems like a pretty good deal, right? To be able to eat our favorite fruits and vegetables any time we want? However, after being shipped many miles or cultivated in a greenhouse, food many times loses its optimum taste and nutrients.

Boy, wasn't I reminded of all this last week when I bit into my out-of-season watermelon and encountered nothing but tasteless mush! And, to add insult to injury, this watermelon had cost me a 1.00 more than it did just two weeks prior (when it was still in its natural growing season)!

Now, with my mother's advice re-enforced and an increased regard for the natural cycles of growth in creation, I have vowed (to try very hard) only to eat fresh produce that is grown locally. That way I'll be getting food not only that is more flavorful and offers my body the best nutrition, but also that doesn't cost an arm and a leg.

So what will be my family's eating fare this fall season? Apples, beets, broccoli, grapes, carrots, mustard greens, kale, spinach, and many more delectable gifts that Mother Nature yields at this time. Alhamdulillah! For more information on foods that will soon be at the peak of their growing season in the Georgia area and southeast region, go to [www.localharvest.org](http://www.localharvest.org) and put in your zip code. Bon appetit! Or should I say happy halal and tayyib eating!



# ISLAMIC TIPS TO IMPROVE FOCUS, FIGHT PROCRASTINATION AND INCREASE EFFICIENCY

Contributor: Imam Muttaqi Ismail



Do You Want To Improve Your Focus As A Muslim?

Do you want to fight procrastination?

Would you like to increase your efficiency?

Many Muslims are stricken with the twin evils of laziness and procrastination. These twin sisters kill productivity and endanger our ability to increase our Islam and Imaan.

If you want to truly please Allah, erase your sins, and imitate the life of the Prophet of Allah (pbuh) and his companions, you have to put the work in.

Alhamdulillah, there are Islamic methods we can use to create good time habits. Allah has given us guidance in every area of our lives, and increasing our energy, productivity, and efficiency is no exception.

So here are five Islamic habits you can use to fight laziness, drowsiness, and procrastination.

## 1. Pray Tahajjud

This one might seem counter intuitive. After all, most busy people probably wish they could get more sleep. Yet, it seems that Tahajjud (night prayer) will only deprive us of much needed rest.

The truth is the opposite. How do I know? Well, the Messenger of Allah (pbuh) said so:

*Allah's Apostle said, "Satan puts three knots at the back of the head of any of you if he is asleep. On every knot he reads and exhales the following words, 'The night is long, so stay asleep.'*

When one wakes up and remembers Allah, one knot is undone; and when one performs ablution, the second knot is undone, and when one prays the third knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart." - Sahih Bukhari

If we make it a habit to pray Tahajjud, our bodies will eventually adjust to the changes. But we will also infuse our bodies with spiritual energy to start our day. And as we can see from the above hadith, we will also be protected from the whispers and tricks of Satan.

## 2. Dhikr Before Going To Sleep

Before explaining, please read the following hadith:

Fatimah complained to the Prophet (May peace be upon him) of the effect of the grinding stone on her hand. Then some slaves (prisoners of war) were brought to him.

So she went to him to ask for (one of) them, but she did not find him. She mentioned the matter to 'A'ishah. When the prophet (May peace be upon him) came, she informed him.

He (the prophet) visited us (Ali) when we had gone to bed, and when we were about to get up, he said: stay where you are. He then came and sat down between us (her and me), and I felt the coldness of his feet on my chest.

*He then said; "Let me guide to something better than what you have asked. When you go bed, say: Glory be to Allah" thirty-three times. "Praise be to Allah" thirty-three times, and "Allah is most Great" thirty-four times. That will be better for you than a servant. - Sunan Abu Dawud*

Being married to Ali Ibn Abi Talib (RA), Fatimah (RA) the daughter of Prophet Muhammad (pbuh) had a lot of work to do. Another hadith stated that she had to do the following things on a regular basis:

- Use a mill stone (a heavy stone used to grind grains in order to make flour).
- Carry water
- Sweep and clean the house.
- Cook the meals for her family.

So, when it became known that there were some prisoners of war who may be available as servants, she wanted to ask her father (pbuh) if she could have one. She (RA) could not find him so she passed the message on to Aisha (RA) the Prophet's wife.

There may be different explanations of this hadith, but the one I've learned is that using this dhikr in the manner prescribed will help you organize your affairs better, increase your productivity, and find ease in your work.

Inshallah, we'll discuss the next three tips in a future article.



### Daily

All five daily Salat (Prayers)

### Every Friday

Jumuah Prayer at 1:45PM

### STREAMING LIVE @

[www.masjidalmuminunatlanta.org](http://www.masjidalmuminunatlanta.org)

### Every Sunday

8:30AM - Beginning Arabic Class

10:00AM - Tajweed Arabic Class

2:00PM - Community Taleem

## MASJID LEADERSHIP

### Resident Imam

Furqan Muhammad, 404-379-9606

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Muttaqi Ismail, 205-427-2146

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## SCHEDULE AND ANNOUNCEMENTS

### Every Sunday

**Project S.M.I.L.E** 11:30a-3p

For children of all ages

**Community Brunch** 9a-2p

All are welcome!

### December 2014

**Tuesday, December 9, 2014**

Board of Trustees Meeting at 6:30p

**Saturday, December 13, 2014**

Get Covered America Enrollment

**Saturday, December 20, 2014**

Sisters Shura

### Special Birthdates & Anniversaries

**December 28—**

Ruqayyah Todman and Muttaqi Ismail (16 Years of Marriage)

## Thank you for your community support!

Al Muminun would like to acknowledge those supporters that donated towards the new tables and chairs that fill the masjid.

May Allah reward you for your contribution!

**Team Work makes the Dream Work!**