

Islamic Association of  
Raleigh, Raleigh, NC

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(July 2014)

# *The Voice Newsletter*

*The Ramadan Issue*



*Ramadan in Action... Giving... Receiving... Believing*



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The Special Works of IAR's Social & Welfare Committee,  
The Joys of Ramadan,  
Nutrition Program for Families,  
The ABC's of Ramadan & Motherhood in Islam

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**Disclaimer: The views of the writers do not necessarily represent the views and opinions of IAR. Contributing writers, artists and volunteers are welcome.**

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## Chair's Corner: New IAR Chair Br. Elgamal Calls for Unity

By Mohamed Elgamal

As I start serving as IAR Chairperson I wish you and your family in these blessed days and always the best of Iman, health, peace, and joy. Ramadan Mubarak!

I take this occasion to invite each of you to come together and give to our community. Islam is the religion for all of mankind, and Allah (SWT) commanded us to convey it to all people. This can only be achieved if we are morally and spiritually strong.

Strength generally is based on faith and unity. Yes Allah commanded us to be united and not to be divided. *واعتصموا بحبل الله جميعا ولا تفرقوا*." Division, negative differences and disputes are main causes for our problems.

Unity and coming together are among the basic principles of Islam and there are many aspects of unity in Islam as we all believe in Allah and His prophets. We stand united in our

prayers. In Ramadan we fast together and break our fast together. We obey the commands of Allah and pay zakat and we cannot change its rules. The unity is also demonstrated at Hajj as we all clearly know it.

**The unity of Muslims is not in celebrating Eid on same day but the unity of Ummah is in following the command of Allah and His Prophet Mohammad (SAWS).** Today Muslims all over the world are weak, divided and in misery even in places where they fast Ramadan and celebrate Eid together. It is because we have stopped practicing the spirit of Islam as we should. History has witnessed that whenever Muslims have followed the Quran and the practices of the Prophet; they were united, kind, merciful and enlightened the world.

No doubt every Muslim likes to have unity but at what cost?: By abounding the path of our Prophet and his companions!? By putting his/her self-interest first? Living in America does it mean

that we are free to break rules for our convenience? We must obey the rules of the country we live in, the organization we belong to, and we need to adhere to its rules. Not following the rules may create chaos, and weaknesses that we all detest!

Islam regards all people as equal before the laws of Allah. Blacks and white, Arab and non-Arab, male and female, rich and poor — Islam brings us all together and addresses its commands and prohibitions to us all.

We all together can do better for our children and for ourselves. We should get more involved and take more active roles in the affairs of our Masjid, our community and country. Let us know more about our neighbors, let our neighbors know us more and know what we stand for. Get more involved in our schools and PTA. Let our children grow and serve their community to the best they can in any field they choose and become better leaders and citizens.

## Sister Brings Nutrition & Other Health Related Projects to Muslim Community IAR's health programs secure mini grants and awards

By G. Adilah Shabazz

Sometimes it takes a small situation or even a major event to move us to work for something we have always been interested in but never got the chance to start. Something similar was the impetus for Sis. Maryam Funmilayo, an aspiring nutritionist and health educator, who moved here with her family several years ago.

Since coming to the area, Maryam has been very instrumental in helping to educate other sisters about the importance of good health and nutrition. She immediately became involved in the Women's Committee at IAR and began participating in various sisters' events, especially health related workshops and conferences. Even with a busy schedule – homeschooling her children and taking care of her family and husband – while going to graduate school, and writing for various Muslim women magazines and periodicals, she enjoys informing sisters of the numerous educational opportunities and scholarships and other special programs available.

Recently she started a part-time job at NC State as a Health Educator and Program Assistant for the Faithful Families Eating Smart and Moving More Program.

She enlisted the support and backing of her NC State supervisors to start a special nutrition program for sisters and their families at IAR. She is also involved in charting some other initiatives at IAR and other masajids in the area, including a Breastfeeding Collaborative Project and a Farmers Market tour for parents and their children.

Here she writes about the 'Faithful Families Eating Smart and Moving More' (FFESMM) program, how it was received, and some other exciting projects in the works.

"The Faithful Families Eating Smart and Moving More Program (FFESMM) was launched at the IAR in February 2013 in collaboration with the following institutions and organizations:



Sisters enjoyed learning about some health and nutrition tips, including making nutritious snacks like these. They also participate in weekly exercise classes.

***"I strongly feel it is incumbent upon me to teach, mentor, and empower our Muslim sisters when it comes to food literacy, nutrition education, and adequate physical activity. Physical activity is a missing ingredient on our daily recipe for most of us. I am doing my best to reverse that lost Sunnah."*** Maryam Funmilayo

NC State University, NC A & T State University, NC Cooperative Extension, North Carolina Public Health and the Eat Smart Move More North Carolina.

The program, whose focus is on basic nutrition education and consistent, moderate physical activity, is geared towards Muslim sisters at the IAR who are 18 and above. The program started with its first cohort which included only three sisters.

After nine weeks of evidence-based, practical information, candid class discussions about our present-day food habits, our attitudes towards food as Muslims, and reminders stemming from the Qur'an and the Sunnah, the word about the program spread among sisters who regularly attend the IAR. Since then, a few more sisters have participated and graduated from the program.

Incentives received during graduation include a certificate of completion, a cook book, a Halal magazine by the Islamic Food and Nutrition Council of America, measuring cups and spoons, and an exercise DVD. Es-

entially, the program aims at empowering faith communities, their leaders and their members, to be active consumers when it comes to the impact of food on our health as people of faith.

With the burgeoning obesity, diabetes, and heart disease rates in the United States, among adults and likewise young children, many organizations including faith communities are stepping up to the plate to play active roles in combating food-related diseases through health education, health promotion, and public health initiatives. What's more? Among the topics covered include 'Shop: Get the Best for Less', 'Shop for Value: Check the Facts', 'Choosing More Fruits and Vegetables', 'Making Smart Drink Choices', 'Making the Connection between Faith and Health' and many more. The entire curriculum of the program is designed to help faith members connect the way they eat and drink to their spiritual practices. And isn't this in line with what Islam teaches us about eating and drinking according to the Qur'an and Sunnah?

## Nutrition Story, Continued from Page 3

### Highlights of IAR's Nutrition Program

The Partners in Health and Wholeness (PHW), a health initiative of the North Carolina Council of Churches, awarded the IAR last year. The IAR is currently a bronze and silver certified faith community due to the success stories of the program at IAR as well as the \$500 and \$750 mini grants awarded to the IAR.

Over 20 sisters have graduated from the program since February 2013. Through the program, an ongoing aerobics class (for sisters only) takes place every Saturday on the 2<sup>nd</sup> floor.

The IAR is working on applying for the gold certification which comes along with a \$1000 mini grant. Other physical activities such as archery, horseback riding, swimming, gardening, and walking are among the top activities that Muslim sisters are really interested in.

Through the support of the IAR's Women's Committee, an 'Eat Smart Move More' sub-committee was formed last year. This new sub-committee works alongside the Women's Committee to facilitate meetings with NC State University.

### Program Updates:

Adult female volunteers, especially college students, are needed as health lay leader ambassadors for the program. Any sister who has a passion for healthy lifestyle is encouraged to volunteer her time.

A foods and nutrition, public health, or community health background is a plus but not required. Volunteers in the program go through a two-hour training with a public health educator and assist in co-teaching, setting up the classroom, and acting as liaisons between the public health educator and the members of the community.

Interpreters are also needed depending on the demographics of the class participants. In sha Allaah, the next FFESMM program will continue after Eid-Al-Fitr in the second week of August.

In conclusion, let's all strive to eat smart, move more, and live as proactive, energetic Muslims in our everyday lives, in the month of Ramadhan, and post-Ramadhan. Ramadhan Mubarak!"

*For further information about the Faithful Families Eating Smart and Moving More Program, check out their website on <http://faithfulfamiliesmm.org>*

### **Q & A With Health Educator Sr. Maryam Funmilayo**

**Q: What prompted you to embark on these projects?**

A: During my interview at NC State in July 2012, the number one thing that hit me hard was when the head supervisor of the food and nutrition education program told me that the voices of Muslims were absent during their board meetings. At the meetings, there were always representatives of other faith community members like the Christians, Jewish, Buddhists, Hindus, etc. Those who were present were given free grants (money) to enhance the overall health of their faith communities or places of worship. But no one represented the Muslims. **Alhamdulillah, the IAR is doing a lot for its community members already. However, if we can get free grants instead of relying so much on fundraising all the time, we would go a long way in implementing many outstanding health programs for our community.** Since the nutrition program is a faith-based one, it trains nutrition professionals to teach nutrition education and physical activity to their faith communities in line with their spirituality and faith teachings. This is my own way of giving back to my own faith community. And with the adage that says, "If you train a female, you train an entire community or even the Ummah."

**Q: Are you engaged in any other or new projects to benefit sisters and others?**

A: I am embarking on with the 'Partners in Health & Wholeness' Breastfeeding Collaborative Project. As we all know, breastfeeding is not something strange for us as Muslims. Islam fully endorses it and so, we Muslims have to be proactive about it and be ready to speak for it instead of others speaking on our behalf about the benefits of breastfeeding. One of the main things for this project is to garner support for breastfeeding in our community. And at the end of the project campaign, if the IAR is able to show strong proofs that they fully support breastfeeding and believe in its benefits, we would be able to get the \$5000 award to start a breastfeeding support initiative for our sisters (new mothers, mothers-to-be, and experienced mothers) at the IAR.

**Q: What are some of the Islamic benefits to the Program?**

A: **First, I would say that anything that the Qur'an and Sunnah endorse or encourage us to do, is for our own benefit. Thus, we can never go wrong when we follow the dictates of the Qur'an and Sunnah.** Second, the health benefits that a mother and child attain from breastfeeding are numerous. And I believe that these health beliefs stem from the fact that Islam has said it all. It's left for us to believe and follow suit.

**Q: Have you been able to get any other grants or awards to help with these projects?**

A: Alhamdulillah, the IAR is now a certified bronze and silver community. Along with these certifications, the IAR was awarded two mini grants in the amount of \$500 and \$750, to implement healthy activities in the community such as the weekend aerobics class for sisters, gardening, and walking.

## IAR's Social and Welfare Committee: Doing for Others as Allah has Decreed

**“They ask you (O Muhammad) what they should spend in charity. Say: ‘Whatever you spend with a good heart, give it to parents, relatives, orphans, the helpless, and travelers in need; whatever good you do, God is aware of it.’” - Holy Quran, 2: 215**

By Social & Welfare Committee Staff

Charity comes in various forms. Charity can be a monetary contribution, or given through volunteered time and developing efforts to ease hardships for financially challenged families. For the IAR Social and Welfare Committee (SW-C) members and volunteers, charity spans from financial donations to organizing numerous projects to help those in need.

One project that best depicts the charitable accomplishments of the IAR's SW-C in the local community is the Food Pantry. The Food Pantry is made possible by utilizing the *Sadaqah* money donated by the community, and also from purchases from the Food Bank of Central & Eastern North Carolina, the primary supplier of food at subsidized rates. The Food Pantry also receives regular food donations from the community on a regular basis. Items in most demand like rice and cooking oil are purchased by SW-C from local stores. The food distribution happens every first and third Saturday of the month. During Ramadan, the Food Pantry operates every Saturday.

On these busy mornings, Food Pantry volunteers hand out food items such as cooking oil, rice, sugar and other non-perishable items along with vegetables, fruits and meat. The SW-C continues to reach out to the community and relies on donations for hard-to-get items such as milk, sugar and fresh produce. Participants who cannot afford to purchase food to meet their needs can participate in this program by filling out a simple form and registering with the Food Pantry to receive this benefit. More than 600 families are registered to receive food from the SW-C's Food Pantry programs at no cost (see Figure 1). At present approximately 200 families are served on each Food Pantry day, an effort and success all due to the blessing of Allah (SAW) and the perpetual efforts of IAR Social & Welfare Committee and its supporters.

In its early years, the Food Pantry program served relatively fewer families, but over the past five years the program has seen a significant increase in clients and monthly food distributions.

The formal establishment of the Social & Welfare Committee dates back to more than 15 years ago. Under the umbrella of IAR, the Social and Welfare Committee was tasked with providing long-term programs and services as well as emergency help in order to enhance the living conditions of Muslims in adverse circumstances. It manages the collection and distribution of Zakat and Sadaqah (according to the Islamic rules) to the needy people within the community with long-term programs such as the aforementioned Food Pantry and Financial Aid.

The Financial Aid program is Social & Welfare's leading service in term of budget, time, volunteer effort, and ability to meet the needs of the community. Financial aid is given from Zakat-ul-Mal given to IAR by the community for distribution to those eligible. These funds are provided to people who are in need of temporary financial aid, e.g., for those who may have lost their job, or are in a difficult condition because of change in family circumstances.

Through the financial aid service, and by the grace of Allah, many Muslim families and individuals have found relief. For example, many have avoided eviction from their homes; new Muslims have found

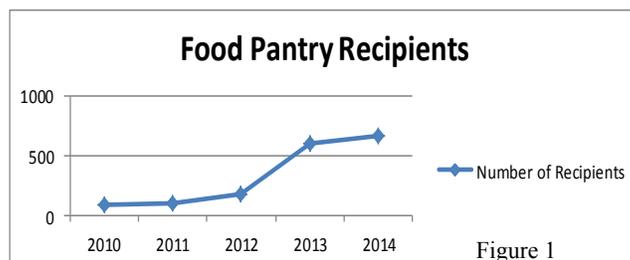
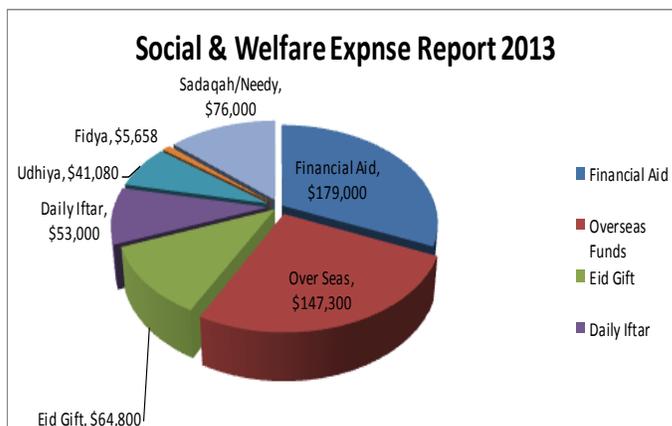


Figure 1



**Approximately 200 families are served each Food Pantry day at IAR. The Pantry serves Muslims and non-Muslims alike, and the need is growing. If you can help, please do so — More donations are still needed.**



**Figure 2: During the year 2013, Social & Welfare Committee spent over \$500,000 to support these projects**

## S-W Committee 's Work, cont. from pg. 5

support in their transition; those whose electricity or water has been cut off have managed to have it restored; and others have managed to undergo medical treatments they would otherwise have not been able to afford. Stranded travelers have found shelter and transportation to reach home safely. Refugees have gained support throughout their resettlement process and journey to self-sufficiency. These are but few examples of the many ways Zakat-ul-Mal was distributed. The IAR Social & Welfare Committee continues to help as many needy individuals and families as possible in the area. In 2013, a total of 119 Muslim individuals and families were provided financial assistance.

The Committee also provides services, such as Iftar during Ramadan, Udhiyah/Qurbani at the time of Eid-ul-Adha, and disbursement of Zakat-ul-Fitr and Fidya funds. Eid gifts were provided to over 160 needy individuals and families in order for them to have a happier Eid. Additionally, the Social & Welfare Committee provides assistance through various programs to resettle refugee families and new arrivals.

IAR Social & Welfare Committee has established co-sponsorship with Lutheran Family Services, a refugee resettlement agency. Through this co-sponsorship, SW-C volunteers' team is assigned a refugee family whose arrival date has been confirmed. Before arrival, the team collects donations of furniture and household items, sets up the apartment, stocks the kitchen with groceries and food items, greets the family at the airport, and provides the first culturally appropriate meal. These services then continue to include transportation, interpretation, mentoring and other support services to the family up to six month or until they are self-sufficient.

Within its charter, the Committee also organizes and sponsors fundraising drives for supporting international crisis, especially in conflict areas and during times of natural disasters, here and abroad. The goal is to continuously keep working to improve and streamline the current programs as well as develop new ones that further benefit the community. Looking forward, the Committee just recently established a new program for Child Welfare and Foster Care. In order to realize full potentials of this new program, Social & Welfare is currently collaborating with the Wake County Human Services' Child Welfare Program to bring to IAR a partnership that will help recruit and train Muslim foster parents for Muslim children in the foster care system. The partnership's goal is to increase awareness in the community, prevent abuse, violence, child neglect, as well as provide support to foster families.

The work of the Social and Welfare Committee is broad and extensive yet the Committee is always working toward a single cause, which is to help and enhance the lives of those members of the community and beyond who are in difficult circumstances. The Committee members and volunteers take time out of their busy lives and schedules to help those who are less fortunate and in great need. We thank Allah (SWT) for this blessing, and we thank you for considering a donation this year to help the needy families in our community. Your support allows us to feed and clothe the needy, help settle refugees, to provide them with hope for today, and to have the opportunity to share the love of Allah with them. Thanks for touching a life.

### Some of the Many Services of Social & Welfare Committee

- **Financial Aid services /relief efforts to individuals & families**
- **Various refugee services—resettlement, basic needs**
- **Iftars, Udhiyah/Qurbani**
- **Fundraising Drives for International Crisis**
- **Disbursement of Zakat & Fidya Funds**
- **Child welfare, foster care & more...**

## A Day in the Life of the Food Pantry

By Tahirah Blanding

On one food pantry Saturday, two lines of people stretch from the entry doors of Al-Iman School's old building to at least 20 feet back into the school's parking lot. In one line is an equal amount of women, men and children—about 30 persons. In the second line are some 20 elderly and persons with physical disabilities. A security guard clad in an orange security vest walks about while other personnel hand out numbers to the growing number of recipients and entertain those waiting with conversation. The children who came with their parents play along the curb of the parking lot. This diverse group of people, including both Muslims and non-Muslims, some regular attendees of the Islamic Association of Raleigh and some non-members, endure the relatively long line for one common purpose: to collect food from the Islamic Association of Raleigh's food pantry, all at no cost to the recipients.

On these busy mornings, Food Pantry volunteers distribute cooking oil, rice, sugar and other non-perishable items along with vegetables, fruits and meat. The SW-C continues to reach out to the community and relies on community donations for hard-to-get items such as milk, sugar and fresh produce. Participants who cannot afford to purchase food to meet their needs can receive food by filling out a simple form and registering with the Food Pantry to receive this benefit. One of the Food Pantry recipients, a middle-aged Iraqi native who didn't want to be identified, explained that she travels from Durham with her family and friends whenever the Food Pantry is disbursing food. Her friend, another recipient and an immigrant from Syria, added that the lines were long, but that the wait was worth it.

**Nimco Ali also contributed to the research for this Report.**



# The Joy Ramadan Brings to Our Hearts

By Imam Sameh Asal

**T**he fruits and benefits that a Muslim reaps from the month of Ramadan makes the arrival of Ramadan a special occasion that brings joy to the hearts. **It was the habit of our righteous predecessors to rejoice at the arrival of Ramadan and that continued throughout the following centuries. Mu`alla ibnul-Fadl (rahemahu Allah) said, "The righteous predecessors used to make du`a to Allah for six months to extend their life until they reach the month of Ramadan, and they used to make du`a for six more months asking Allah to accept their good deeds during Ramadan."** When we know of the causes of their joy and anxiousness for the coming of Ramadan, we will realize why they acted joyfully when they received it.

A Muslim knows that this life is transient and its pleasures are limited and temporary. On the other side, he realizes that the Afterlife is the true endless life and its joys are ongoing and its pleasures are genuine. Therefore, he rejoices at the pleasures of the Hereafter and is always anxious to do what brings him happiness in the Hereafter. To him, chances to work for the Hereafter are golden chances that are more precious than the treasures of this life. Allah (SWT) says what means: "Say, 'In the bounty of Allah and in His mercy - in that let them rejoice; it is better than what they accumulate.'" (Qur`ān: 10: 58)

A Muslim rejoices at the coming of Ramadan because there are many opportunities to obtain the pleasure of Allah and achieve everlasting happiness in the Hereafter. It is always the dream of a Muslim to have his past sins forgiven and to obtain clearance from entering the Hellfire. This dream can be fulfilled in the month of Ramadan. The Prophet (PBUH) tells us that the fasting the month of Ramadan expiates all the past sins and so

do the Tarawīh/night prayers in Ramadan. The Prophet (peace be upon him) said, "Whoever fasts the month of Ramadan out of sincere faith and hoping for Allah's reward, then all his past sins will be forgiven." (Related by al-Bukhārī) The Prophet (PBUH) also said, "Whoever stood for the night prayers in Ramadan out of sincere Faith and hoping for Allah's reward from Allah, then all his previous sins will be forgiven." (Related by al-Bukhārī and Muslim). Moreover, the Prophet (PBUH) says, "Whoever stands in prayers during Laylatul-Qadr (Night of Decree), his past sins will be forgiven." (Related by al-Bukhārī and Muslim).

**Fasting in Ramadan is so special because the reward for it is exceptional.** One gets rewarded for all his good deeds based on the standards Allah (SWT) has set for rewarding them; however, the standards set for rewarding the fast are different. The Prophet (PBUH) narrates that Allah, the Almighty, says, "All the good deeds done by the son of Adam are for him except for fasting: It is for Me and I reward for observing it." (Related by al-Bukhārī) Allah (SWT) has not declared the reward for fasting due to its greatness and He (SWT) added the fasting to Himself to show how important fasting is. It is the only act of worship that is not liable to *shirk* because it is a secret between the slave and Allah and none of the people can see it.

Allah (SWT) honors those who fast in the Hereafter so much so that he allocates a particular gate for them to enter *Jannah* and once they have entered, this gate will be closed. The Prophet (PBUH), "Indeed there is a gate to *Jannah* that is called ar-Rayyān through which the fasting ones enter *Jannah*. It will be asked, "Where are the fasting ones, so they stand and none else other than them enters through it.



Once they have entered through it, the gate is closed so none else enters behind them."

These and many other fruits that we reap from the month of Ramadan bring joy to our hearts, and therefore, we are anxious for the coming of Ramadan so we can expose ourselves to the mercy of Allah, His favors and bounties. We ask Allah (SWT) to enable us to fast Ramadan and revive its days and nights with prayers, recitation of the Qur'an, charity and other good deeds, and accept that from us. Ameen.

  
**With Ramadan comes so many fruits...**  

- ...a particular gate for the fasting one to enter **Jannah**
- ...expiation of past sins for those who fast in Ramadan, for those who do Tarawid prayers in Ramadan, and for those who stand during Laylatul-Qadr
- ..for whomever fasts out of sincere faith and hope for Allah's rewards

**....so many Rewards**

**May Allah accept our fasts!**



**R**amadan is a special month of the year for over one billion Muslims throughout the world. The Muslim view is that man is fundamentally good, but with the capacity to sin, and not that man is basically a sinner, albeit a sinner with the capacity to do some good. Muslims believe that God has prescribed ways to make it easier for man to reinforce his fundamental good nature to thereby attain a state of grace. The God-given aids to man are referred to in Islam as the five pillars of faith. All five pillars are intended to bring out the good God created in man. One of those five is a month long period of fasting, religious studies, and worldwide fellowship commonly referred to by the name of the Islamic, lunar calendar month in which it occurs, Ramadan.

Ramadan is one of twelve Islamic lunar months. It starts with the birth of a new moon and ends at the birth of the following new moon. It is 29 30 days long. Ramadan is a special month where Muslims believe that the three holy books, the Torah, Bible and Quran, were sent from God, the Almighty, to all people as a guidance to lead a good life. Fasting was prescribed in all faiths. It is an act of obedience to God and an act to honor this blessed month. The way people fast varies from faith to faith; however, they all lead to the same spiritual value. Fasting in the month of Ramadan to Muslims puts them in a state of discipline and soul purification. Ramadan helps to reinforce God’s fundamental good nature to thereby attain a state of grace. Muslims take pride in fasting. It entails the following acts of worship as the final objective:

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to our  
non-  
Muslim  
friends**

By  
Atef  
Zaghloul

- Increased charity and outreach to the needy people.
- Resolution of previous grudges against people and increase in mercy, tolerance and forgiveness
- Striving to be a better person and doing the right thing with yourself and people around you.
- Control of your anger and temper, and abandonment of the use of offensive words and foul language and entering a serene and peaceful state.
- Remembering to be good.
- Abstaining from food, drink and physical courtship (intimate relations) from sunrise to sunset is a repeated reminder to Muslims of the fundamental nature of their beliefs.

These actions are supported by the following:

- Worshiping God more and pray. Reading the Quran daily calms you down, leaves feeling of hunger and thirst during daylight hours, but is coupled with the fellowship, good deeds, and readings of the Qur’an in the evening hours, which serves to continuously remind believers of the blessings God has bestowed among man.
- Abstaining from food and drink is only permitted to healthy people and disallowed to pregnant and nursing women, women on the menstruation period, small children, long distance travelers, the sick, and if fasting is beyond someone’s capabilities, Ramadan, as with the other four pillars, is to be observed only when it can help the individual, and is not permitted if it would hurt the individual.

**T**he Lord and Creator of the World wants us to truly honor our mothers. At one point during Prophet Muhammad’s life (PBUH), a man came to him and asked him who should be given the utmost honor? The Prophet (PBUH) answered, “Your Mother.” The man asked, “And who next?” The Prophet (PBUH) stated again, “Your Mother.” The man persisted and asked again, “And who next?” The Prophet (PBUH) answered again the third time and said, “Your mother.” Then for the fourth time the man asked, “And who after that?” The Prophet (PBUH) answered, “Your father.”<sup>1</sup>

This, my dear brothers and only of the vast importance of our important our individual mothers

The Holy Quran says, and in pain did she give him and Hadith (sayings and actions of size the mother’s right to be highly only based on the fact of her suffer-months and birthing him or her into years of struggle in caring for him

**Honoring Motherhood  
in  
ISLAM**

By Hajjah N’Zingah

sisters, should give us some idea not motherhood in general, but just how should be to us.

“...In pain did his mother bear him, birth...”<sup>2</sup> These excerpts from Quran Prophet Muhammad (PBUH), emphasized and revered. This is not ing in carrying the child for nine this world, but also the remaining and raising him to be a righteous adult.

And lastly, there is a story of a young man who offered his services in jihad (battle) to the Prophet Muhammad (PBUH). The Prophet (PBUH) asked him if his mother was still alive. The young man answered, “Yes, she is alive.” Thereupon, the Prophet (PBUH) told him to return to her and devote himself to her service, for “paradise lies under her feet.”<sup>3</sup>

1—Hadith Ibn Majah & Nasa’I, 2—Holy Quran, 46:15, 3—Hadith Al-Da’ifah (593). (Holy Quran 17:23-24)  
Note: To contact Sis. N’Zingah for more of her articles from her Newsletter, email her at: [talkingaboutislam5@gmail.com](mailto:talkingaboutislam5@gmail.com)