



# AL-MEEZAN

A Bi-Annual magazine for  
Nasirat & Atfal-UI- Ahmadiyya Australia

Volume 20 April 2021



## Abbreviations used in the magazine

Saw/PBUH: *sallallahho alai-h-e-wassallam* (Peace and Blessings of Allah be on him)

as: *alai-h-es-salaam* (Peace be on him/her)

ra: *rehmaullahota'ala* (May Allah the Almighty bestow His mercy on him)

ra: *razi Allah-o-ta'ala anho/anha* (May Allah be pleased with him/her)

aba: *ayadahullahho ta'ala bi nasrihil azeez* (May Allah as-sist him with His mighty help)

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## Write to Us

Send us your submissions which include but not limited to articles, quotes, recipes and jokes, etc. to [sabihaarshad@hotmail.com](mailto:sabihaarshad@hotmail.com) or your Majlis publications secretary along with your name, age, Majlis and a brief introduction (optional).

Adults are also encouraged to write bearing in mind that the magazine is for young minds, therefore language should be appropriate. Please reference your articles, especially Quranic verses and Ahadith. Your submissions should be set in Times New Roman and size 12. You can also attach pictures that you would like to add to your submissions, referenced if required. It is up to the discretion of the Publications team to include the submissions in the magazine.



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May Allah the Almighty bless them immensely for immensely for  
their efforts

# Editorial

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dear Children,  
AssalamoAlaikum Warahmatullah Wabarakatahu,

With the Grace of Almighty Allah, we hope and pray that you are in the best of spirits and health.

Ramadhan is a special month in the Islamic calendar because of the due attention it brings to lead better spiritual and reformational life for a Muslim. Most religions have different versions of fasting periods for better spiritual development of a human being, but none comes close to the physical and spiritual nourishment that the month of Ramadhan provides in Islam.

That is why, dear children, you should avail the full opportunity that this month provides to us. Even, if you are not old or strong enough to fast, you can gain spiritual nourishment by being aware of your other responsibilities towards Allah the Almighty and practising them. Allah the Almighty does not shy away from rewarding from his limitless bounties, as long as the person is giving their best shot.

May Allah the Almighty enable us to lead our lives towards the right and straight path. Ameen.

Wassalam,  
Sahar Bashir





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## The Holy Quran

“The month of Ramadan is that in which the Qur’an was sent down as a guidance for mankind with clear proofs of guidance and discrimination. Therefore, whosoever of you is present at home in this month, let him fast therein. But whoso is sick or is on a journey, shall fast the same number of other days. Allah desires to give you facility and He desires not hardship for you, and that you may complete the number, and that you may exalt Allah for His having guided you and that you may be grateful.”

*(The Holy Quran with English Translation Online, 2:186)*

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### Ahadith: Saying of the Holy Prophet<sup>(saw)</sup>

A bedouin with unkempt hair came to Allah’s Messenger (PBUH) and said, “O Allah’s Messenger (PBUH)! Inform me what Allah has made compulsory for me as regards the prayers.” He replied: “You have to offer perfectly the five compulsory prayers in a day and night (24 hours), unless you want to pray Nawafil.” The bedouin further asked, “Inform me what Allah has made compulsory for me as regards fasting.” He replied, “You have to fast during the whole month of Ramadan, unless you want to fast more as Nawafil.” The bedouin further asked, “Tell me how much Zakat Allah has enjoined on me.” Thus, Allah’s Messenger (PBUH) informed him about all the rules (i.e. fundamentals) of Islam. The bedouin then said, “By Him Who has honored you, I will neither perform any Nawafil nor will I decrease what Allah has enjoined on me. Allah’s Messenger (PBUH) said, “If he is saying the truth, he will succeed (or he will be granted Paradise).

*(Sahih al-Bukhari 1891; In-book reference: Book 30, Hadith 1)*



## Saying of the Promised Messiah<sup>(as)</sup>

Once the Promised Messiah was asked about fasting while travelling. The Promised Messiah replied: "As far as the Holy Quran is concerned, it says: 'Whoso among you is sick or is on a journey shall fast the same number of other days'. This means that a sick person or a traveller must not fast. This is an order and there is no option from God Almighty. In

my view, a traveller should not fast. However, some people do keep fasts as a matter of course and if they do so while traveling in pursuit of this practice, there is no prohibition although one must still have regard for the injunction: "shall fast the same number of other days". A person who goes to considerable trouble in keeping a fast while travelling tries to please God by force rather than earning His pleasure by following His commandment. This is a mistake. True belief consists of following the injunctions and prohibitions of Allah".

*(Majmooa Fatawa Ahmadiyya, Vol. I p. 179)*



## Words of Wisdom from the Friday Sermon

*Extract from Friday Sermon Summary of 18th May 2018, delivered by  
Hazrat Khalifatul Masih V (May Allah be his helper)*

After reciting the *Tashahhud*, *Ta'wwuz*, and *Surah Al-Fatihah*, Hazrat Khalifatul Masih V (aba) recited verse 184 of *Surah al-Baqarah* and then stated:

*"O ye who believe! Fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous." (2:184)*

He emphasised that the objective of the fasting is *taqwa* (God-fearing righteousness). God Almighty sent the Promised Messiah (as) for our reorganization, for the proliferation of the Holy Qur'an and God has enabled us to believe in him. Along these lines, it is a gigantic duty upon us Ahmadis that we comprehend the embodiment of fasting and attempt to arrive at the objective of fasting meaning inculcating *taqwa* and constantly advancing in it.

During Ramadan, when we attempt to accomplish nobility, our consideration will likewise be drawn towards the different aspects of worship. If we are not abstaining from indecencies, regardless of whether they are affecting ourselves or causing distress to others, we ought to know that the reason for fasting may be satisfied by forsaking such practices.

If we are not refraining from fighting, quarrelling, telling lies and spreading disorder during the fasts, it cannot be righteousness. If we are not spending our time during the fasts in worship, supplications and virtuous deeds, it can neither be considered as righteousness, nor are we fulfilling the purpose of the fast. The Holy Prophet (sa) has said that God Almighty has no need for one to starve themselves if they are not achieving these objectives.



The Promised Messiah (as) has educated numerous times on who an honest and righteous individual is. The genuine solace and joy is gained through righteousness and not through common joys provided by the world.

The Promised Messiah (as) clarified that taqwa is a key part for the acceptance of prayers. It is a crucial condition, which can't be expelled. Remember when somebody forsakes Allah the Almighty, at that point Allah the Almighty leaves Him. At the point when Allah the Almighty leaves somebody then doubtlessly Satan builds up his association with such an individual.

With respects to fasting there is a Hadith in which the Holy Prophet (sa) said that the person who fasts ought to consistently keep his tongue unadulterated and if anyone argues with him, at that point he ought to simply say 'I am fasting and can't answer you'. The Promised Messiah (as) says, "Control your tongues otherwise your tongues will control you and you will speak in vain."

Advising us on living life with an existence of humility and docility, the Promised Messiah (as) states: "A condition for the individuals who wish to be counted amongst the righteous is that they should lead an existence of humility and submission. This is one of the branches of taqwa (God-fearing righteousness) through which we are to overcome unlawful anger. To refrain from anger is the ultimate and most arduous stage for many wise men and pious individuals. Arrogance and pride are a result of anger. One possibly loses control when he believes himself to be better than the other. I don't want for the individuals from my community to believe others to be predominant or second rate, or to view others with pride and disdain."

May Allah the Almighty empower us to fast and offer worship in this month of Ramadan while adopting righteousness and may this month of Ramadan bring blessings for the Jamaat, for all Muslims and the rest of the world. During these days, pray especially for the Ahmadis residing in Pakistan, as their hardships are increasing on a daily basis.

(<https://www.alislam.org/friday-sermon/2018-05-18.html>)



# LOYALTY TO ONE'S NATION IS A PART OF FAITH



Tazeen Atif



In this article, the writer explores why the commemorative events of wars are a sombre reminder of the lives lost and sacrifices made, but also, a symbol and mark of our patriotism.

Our religion Islam teaches us to respect our nation, its government and its laws. We live in a free and just country, where we are respected and given freedom equally, irrespective of anyone's faith or religion.

Australia is a multicultural and diverse place. This country gives us various opportunities. We have built our mosques in many places and also, utilised community centres and hubs for our religious events. In return, we should prove our loyalty, as it is beneficial in propelling the country forward to its bright future and as it is a crucial part of our faith.

To act upon our loyalty, we must first understand what is needed. True loyalty requires a relationship built on sincerity and integrity, especially in terms of nationality. It needs genuine loyalty and faithfulness to one's nation. It does not matter if that person is a natural born citizen or if they naturalized later in life. Islam requires every Muslim to be loyal to his country. The Holy Quran states:

*"O ye who believe, obey Allah and obey the Prophet and obey those in authority from among you..." (4:60)*

Hazrat Mirza Ghulam Ahmad, the Promised Messiah (as), stated in his book Tohfah Qaisariyya, pp. 9-10:



*“To entertain ill-will against a government under whom life is lived in freedom and there is complete security and religious obligations can be discharged to the full is a criminal step and not Jihad... Thus, God Almighty had established me on the principle that sincere obedience and gratitude should be rendered to a benign government such as the British Government. My Community and I are bound by this principle.”*

Islam requires Muslims to not only obey their government, but actively love their country – as Prophet Muhammad (saw) instructed: *“Love of one’s country is a part of faith”*.

In Islam, therefore, loyalty first belongs to God, obedience to others’ authority being derived from Him. Prophet Muhammad (saw) once said:

*“Whoso obeys the ruler obeys me, and whoso disobeys the ruler disobeys me.”*  
(Muslim)

In another hadith, the Holy Prophet (saw) said: *“Listen to and obey your ruler, even if you [despise him]”* (Bukhari)

In the light of above, Prophet Muhammad’s (saw) life mirrored this teaching. Despite enduring bitter persecution for more than a decade in Mecca, the Holy Prophet (saw) and his followers did not defy the Meccan government. Rather, the Muslims peacefully left Mecca, abstaining from sowing any seed of dissension—exemplifying the Quranic injunction, *“Create not disorder in the earth”* (2:12).



After 1500 years, this is the same mission of the Ahmadiyya Muslim community - to establish universal peace and brotherhood which is continued through spiritual successorship (Khilafat) of the Promised Messiah (as). Members of the Ahmadiyyah Muslim Community span in more than 200 countries worldwide. They are all involved in various humanity projects which include Free Hospital & Health Care, Education & Schools, Drinking Water and Sustainable Environment Energy projects, all primarily in third world countries.

Members of the Ahmadiyya Muslim Community in Australia enthusiastically participate in community activities, such as, 'Australia Day', 'Red Cross Door Knock Appeal', 'Clean-Up Australia Day', 'Blood Donation Drives', 'Charity Walks', 'Interfaith Forums' and 'Tree Plantings'.

As Ahmadi continue to participate in their nation's celebrations and commemorations, questions have arisen, asking how it is loyal or moral for Muslims to wear the poppy, and participate in Anzac and Remembrance Day commemorations? Isn't this a betrayal of their fellow Muslims who have been killed or displaced, as a result of recent military conflicts?

In answer to these questions, this commemoration is all about saluting the sacrifices made by service men and women and their families, who served their country in times of need. This is not about politics, but about people. The Holy Prophet (saw) taught that loyalty towards one's country of residence is an essential part of one's faith. What better way to demonstrate this loyalty than to acknowledge those who have fought for it?



The soldiers that took part in wars are mainly ordinary men and women serving their country. If unjust wars have been declared and fought by a Government, it is not the service men or women that are to blame. The role of a soldier is not to make complex political decisions, but simply to follow orders and defend their nation. Soldiers cannot be held accountable for the transgressions of their governments. We, as Ahmadi Muslims, are very fortunate to call a free country our home, and therefore we repay our fortune by participating in all honorary services.

Every year, members of the Ahmadiyya Muslim Community all over Australia attend dawn and civic parades to reflect upon the sacrifices made by our servicemen and women and those who continue to serve the nation.

Islam is a peaceful religion and teaches its believers to portray its characteristics. One of the most important teachings in Islam is that we, being an Ahmadi Muslims, should show loyalty to our nation. When our country has given us so many blessings and opportunities to practise and spread our faith, we should in return, show our loyalty and sincere obedience and love for Australia, as it is an important part of Islam.

May Allah enable us all to understand the true teachings of Islam and to repay our nations with our loyalty. Ameen.

# My first year as a Nasirat

Maria Ahmad, Group 3, Majlis Berwick

By the Grace of Allah, I became a Nasira last year. I enjoy being in Nasirat as there is a lot of new things to do like participating in photography competition, essay writing, book exam and Ayesha Siddiqi Award. I have learnt a lot this year! The most interesting thing I learnt is how to write my name in urdu, as well as, how to count in Arabic and Urdu. I love to participate in Nasirat Ijtema. By the Grace of Allah, I was able to go to Sydney and participate in the National Nasirat Ijtema. I got first position in book exam, as well as 2<sup>nd</sup> in Ayesha Siddiqi Award where I received Tabaruk from Huzoor (aba). I also achieved first position in Quiz. Alhamdulillah.

After this, I am excited for the next year!





## Wordsearch

B	E	N	A	S	I	R	A	T	E	B	E	A	T
N	A	I	J	U	A	W	A	R	D	I	C	U	R
E	B	B	A	Y	E	S	H	A	I	A	R	S	E
B	E	J	T	B	E	Y	E	B	J	B	I	T	E
A	R	A	B	I	C	D	N	E	T	C	U	R	S
I	W	A	C	A	K	N	F	F	E	R	D	A	T
L	C	I	C	L	M	E	J	I	M	U	L	I	U
D	K	N	A	L	C	Y	I	S	A	E	A	L	M
S	I	L	L	A	H	A	S	I	D	D	Q	A	P
U	R	D	U	H	F	L	E	A	R	N	I	N	G

Ayesha

Ijtema

Urdu

Nasirat

Learning

Allah

Australia

Sydney

Arabic

Siddiqa

Award

Berwick

# An Excursion of Adelaide South Nasirat

By the Grace of Allah the Almighty, Adelaide South Nasirat had an excursion on the 2nd of November 2019. It was a day that most Nasirat were excited about for the whole year. On Saturday morning at 9:30AM, Nasirat and their supervisors were requested to meet at Masjid Noor. The Nasirat were divided amongst the supervisors in groups of four. They were departed with dua led by respected Majlis Sadar Sahiba and were then driven to the local train station, where they caught a train to the city.



Upon reaching the city the Nasirat walked to the Museum. This was a place which deeply connected them with our history, bringing knowledge and understanding of so many things that are taken for granted, such as those that our ancestors had to go through for survival. Most of the Nasirat were really excited to see the Giant Squid and the Never Melting Ice exhibition, while others viewed the mummy display, fossils and animals. An hour was spent at the Museum before everyone had lunch.

Then, Nasirat walked to Rundle Mall, which is a pedestrian street mall in Adelaide City, and went to the food court and each Nasira accompanied with a supervisor bought food of their choice. Once lunch was complete the Nasirat were provided with the opportunity to shop around Rundle Street. Each group went to numerous shops. Sephora was the most popular among many due to its new opening. Some Nasirat bought accessories and stationery, while others just enjoyed the atmosphere.

After shopping around, the Nasirat were all very tired that they decided to take a break by having dessert at Rundle Palace. Here Nasirat bought shakes, bubble tea and ice-cream. The yummy treat definitely energised everyone.

The Nasirat then made their way back to the train station to head back to Masjid Noor where they prayed Namaz Zuhr and Asr, and where then picked up by their parents. Each leaving with a fun and exciting experience and story to tell their family.

Alhumdulillah, this was a very successful trip, as all Nasirat enjoyed themselves.



## Wordsearch

S	O	U	T	H	S	G	A	I	T	F	L
E	M	A	J	S	A	S	T	F	I	N	X
X	J	S	G	G	D	S	F	E	R	A	E
C	D	P	T	S	E	M	A	J	L	I	S
U	E	O	F	S	L	P	O	T	R	J	G
R	L	R	S	G	A	C	U	S	I	L	I
S	I	T	R	I	I	N	D	O	S	D	F
I	A	S	F	F	D	S	S	T	I	F	L
O	E	L	I	T	E	U	O	T	H	N	R
N	A	F	T	A	L	F	R	I	E	N	D

South

Majlis

Excursion

Atfal

Sports

Friend

Tifl

Gift

Adelaide

## When I became a Tifl

My name is Mirza Shayan Shaukat. I am from Jama'at Adelaide South. I have an older brother, Zeeshan Shaukat. He is 10 years old now. Every year, he participated in all Atfal ul Ahmadiyya activities, including Local, Regional and National Ijtema, Sports, Atfal Excursions etc. I always wanted to join every program with him, but I couldn't, because I was not 7 years old.

Alhumdulillah, on 27 September 2019, I turned 7 years old and on 10 November 2019, our local Qaid sahib Majlis, announced my name as a new Tifl. Respected Murrabi Sahib Atif Ahmad Zahid gave me the certificate and gift and FINALLY now I am a Tifl.

I am very happy and excited. InshAllah this year I will participate in all programs and enjoy all fun with my friends.





# MY STORY

*Fareeha Anjum, Gold Coast*

I am in grade 5 and I am from Pakistan. For the last two years, I have been participating in public speaking competitions, organised by the NSW government. My last year's topic was "my story". Here I am going to share with you, as it is.

Do you have any idea about how many ancestries are present in Australia? What is the percentage of migrants in the population of 25 million? Statistics show 270 ancestries in Australia with immigrants for 26% of the population. I am an immigrant. Which means I, with my parents migrated to the land of exceptional diversity? Each and everything was new for me and I was very confused. (What do you expect from a child who is 4 years old?) IT WAS A VERY LONG FLIGHT FROM PAKISTAN TO SYDNEY. I had never travelled on a plane before. My first question to my mother was "mummy, why are the wings of the plane not flapping like a bird, though it is flying?" Boarding the plane was also much more boring than I thought, it was just like a bus!

At Sydney Airport, I screamed at my older brother look at those beautiful kids they look just like the kids of the Queen we had watched on TV. Confusion was at its peak, as it was hard for me to believe how they somehow stepped out of our television.

When we got to our new home, I remember the Caucasian kids from our neighbourhood staring at us with wide open eyes, asking the same question again and again, in a different language I had never heard before. New country, new people, new language!



Everything was different, so my fear was obvious.

My first day of school was equally hilarious and a series of memorable events. My first ever uniform, colourful bag with my favourite cartoon characters on it. Filled with excitement, I stepped into my classroom and lovely Australians welcomed me. But, whenever I heard them speak I had no idea what they were saying, so my answer to every question I was asked was, either yes or no, since they were the only two words I knew of English at that time.

But, today I am proud to tell you that due to my consistent effort in all fields of school including public speaking, debating competitions, sports, behaviour towards others, etc. I have even been elected through students, teacher's poll, as a whole school girls captain, Alhamdulillah. I am really thankful to Allah who blessed me and thankful to my parents, whose effort made me a proud immigrant who has a vital role to play in school leadership.



# Financial Sacrifice, Tehrik-e- Jadid and Waqf-e-Jadid

*Fareeha Ahmad, Majlis Bernick*

Allah says in the Holy Quran:

*‘And whatever of wealth you spend, it is for yourselves, while you spend not but to seek the favour of Allah. And whatever of wealth you spend, it shall be paid back to you in full and you shall not be wronged.’ (2:273)*

What is meant by spending your wealth in the way of Allah is merely the Tehrik-e-Jadid and Waqf-e-Jadid schemes.

The Holy Prophet (sa) said:

*‘On the Day of Resurrection, those who spend in the way of Allah will remain under the shadow of the wealth they had spent in the way of Allah until the judgement will have come to an end.’*

There are many examples of the Prophets of Allah and their followers sacrificing their wealth in the way of Allah. When the Prophet Muhammad (saw) asked for looking after their brethren from Makkah after their migration, the residents of Medina gave up their wealth, as if it was not theirs to begin with. When the Prophet Muhammad (saw) asked for sacrifices in times of needs, the companions (ra) put everything at Huzoor (saw) feet.

In our community of present age, a rather excellent example of this is in the example of the first Khalifah of Promised Messiah (as), Hazrat Hakeem Maulvi Noor-ud-in (ra) who was a doctor by profession, even for a royal court, meaning that he encountered a handsome amount of money. But, instead of wasting his money on worldly items, he always gave his money in the way of Allah and attained great rewards and was always there whenever Promised Messiah (as) required any sacrifice, be it of time or wealth, for the betterment of the Jamaat.



## **Tehrik-e-Jadid Scheme**

This blessed scheme was initiated by Hazrat Musleh Maudood (ra) in 1934 to facilitate the spread of Islam by publishing books, building mosques and centres, payment of salaries to missionaries and to promote goodwill among members. All in all, it was for the steady progression of the Ahmadiyya Muslim Community by also establishing and maintaining jama'ats outside Pakistan.



## **Waqf-e-Jadid Scheme**

This scheme was started in 1957 by Hadhrat Khalifatul Masih II Mirza Bashir Uddin Mahmood Ahmad (ra). The mere purpose of this scheme was for moral training and tabligh among the rural communities of Pakistan, specifically, Hadhrat Khalifatul Masih II (ra) instructed for the focus to be on the Hindu community of rural areas of Sindh province in Pakistan. When Hadhrat Mirza Bashiruddin Mahmood Sahib (ra) started this scheme, it was only for Ahmadis in Pakistan. However, due to it being very successful, Hadhrat Khalifatul Masih IV Mirza Tahir Ahmad (ra) decided to make this beneficial scheme for all the countries of the world and now all the countries of the world are within its scope.



# Dangers Of Social Media

*Sophia Ahmad, Majlis Melbourne South*

Social media is a web-based service which allows interaction with people around the world, thus plays a vital role in the contemporary world, with every teenager, child and adult using this in their daily lives. Instagram, Twitter, SnapChat and Facebook are all ways to keep in touch with friends and family. Like all things, the use of social media comes with risks which we all need to be aware of. Social media is addictive and a waste of time as well as it being a major source of cyber-bullying. It is also a source of immodesty.

One of the most common app being used amongst youth is "Tik Tok". Tik tok is a social media platform on which users share videos of themselves lip-syncing to a song or creating music videos. This may seem harmless but, there are many consequences. It is incredibly deleterious to post videos online as people may steal your identity or personal information, apart from this it is an inappropriate app as there is use of explicit language and content which is highly immodest. Users are becoming addicted to this app and studies show that this is causing emotional trauma, with some users even committing suicide.





Instead of wasting time making these immodest videos and using social media in general, as an Ahmadi you should utilize your time in the remembrance of Allah by offering prayers and reciting the Holy Quran. Social media highlights the trend of immodesty, as people post immodest pictures of themselves which are heavily influencing youth. Huzoor-e-Anwar (aba) has repeatedly reminded members of the Jama'at and especially the youth to safeguard themselves against these societal evils. In this regard, Huzoor-e-Anwar (aba) said the following in the Friday Sermon of 15th January 2010:

*"As I had mentioned earlier, the latest inventions such as TV and Internet have redefined the historically established standards of modesty. Even after showing blatant immodesty, they say it is not so. The standard of modesty of an Ahmadi is not how it is shown on TV and the Internet." The Holy Prophet (saw) clearly said: "Modesty is part of faith." [Muslim Kitabul iman baab Shu'aib ul Iman wa Afzaluha Hadith number 59] Hence, each Ahmadi youth should be especially cognizant of not getting ensnared by the transgressions shown by the Media; otherwise, they may lose their faith."*

May Allah enable us all to understand the right and appropriate usage and consequences of social media and remain true to the teachings of Islam. Ameen.



# Stories by Hadhrat Khalifatul Masih II (RA)

*Sana Ahmed*

## Old Lady's Wish

Hadrat Hakeem Maulana Nurud-Din (ra) used to relate that there was an elderly lady who was very pious. He used to visit her from time to time. Once he asked her, "Dear Lady, tell me if you need anything. I will get it for you." She said, "Son, I am in quite a comfort. I do not need anything." He used to say that he insisted, "You must need something." But each time she said, "I am comfortable. Every peace is here. There is no inconvenience."

Then she elaborated, "We are a son and a mother only. Allah sends us two loaves of bread, morning and evening. I eat one and my son eats the other. We go to sleep on the same bed because we have only one blanket. When my side gets cold, I ask him to change sides and he complies. So, that side too becomes warm. After a short while, when his side gets cold, he asks me to change my side, and I change my side, and he becomes comfortable. Therefore, we do not need anything."

He used to relate that when he asked her persistently, "Please, let me know if you need anything." She said, "Due to my advanced age, my eyesight has become weak, and I cannot comfortably read the copy of the Qur'an I have because of the small writing. So, if you have to give me something, give me a copy of the Qur'an printed in large font so that I may read it easily."

*(Points to Ponder (2011), A collection of stories told by Hadhrat Khalifatul Masih II (ra), pp 2-3)*

**For a believer, the greatest bounty is the Holy Qur'an.**

## Knock at the Door

"A famous story states that a young man was in the habit of wasting his father's wealth on his friends all the time. He always had a gathering of flatterers and they wasted money day and night. His father always told him, "They are flattering and selfish young men. They do not have real love for you. Do not destroy your wealth on them." But the young man never accepted his father's advice and responded, "They are my true friends." The father said, "How come you have gathered so many friends around while I have been able to find only one close friend? How come there is a large gathering of friends around you all of the time?"



A long time passed, and the young man did not accept his father's advice. One day, the father said, "If you do not trust me then conduct a trial and test your friends, then you will know how many real friends you have." The son asked, "How may I test my friends?" His father replied, "Go to every friend's home, and tell them that your father has evicted you from his house and has taken away your access to the property. Ask them to provide you with some money so that you may arrange some source of livelihood."

When he went to his friends' homes and told them that his father had evicted him, one sent a message out through a servant that he was sick and regretted that he could not meet him at that time. Some made excuses saying that they had the money but had given it to someone else just that day. The young man returned home empty handed and said to his father that what his father had been saying was proven true; no one helped him. The father said, "Let me show you my friend now." The father took his son to the wilderness, and outside the town he reached a house, and called out. There was a query from inside, "Who is this?" The father announced his own name. The voice from the house said, "Okay." Then there was silence without a response for half an hour. The son said, "Your friend has proven to be like my friends." The father said, "Do not be impatient; you will know soon why he has taken so long to come out."

A few minutes later, the father's friend came out holding the hand of his wife. He had his scabbard fastened to his waist and had a sword in the other hand. As he came out, he said, "Forgive me my friend, you came at midnight and I have been delayed since you knocked at the door. I assumed that your coming at midnight has some purpose in it. I thought, maybe you are in trouble and you have come to me for help. On this thought, I picked up my sword because that is what I would use to help you. Then I thought that although you are a billionaire, even billionaires can have financial problems and need any penny they can get. I had collected four to five hundred dollars penny by penny throughout my life and had buried them. I dug the ground and extracted that bag. I was further delayed on thinking that maybe your wife is not well and there may be some need to tend to her so I awoke my wife and brought her with me. All these three things are at your disposal. How can we be of help?" He said to his son, "Such ones are the friends."

*(Points to Ponder (2011), A collection of stories told by Hadhrat Khalifatul Masih II (ra), pp 6-7)*

**This example bears a lesson in it: If a man's friend can be like this, then how should a friend of God be?**

<https://www.alislam.org/maryam/Maryam-Jul-Sep-2014-EN.pdf>

# Facts to Fiction

*Maria Ahmad, Berwick*

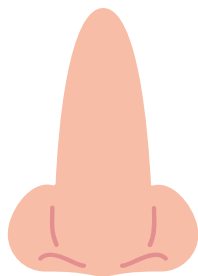
## **Myth: The strongest muscle in the human body is the tongue.**

Fiction: There is a long explanation for this but short answer is no. Tongue is made of eight separate muscles and there are different ways to measure strength (There is absolute strength (maximum force), dynamic strength (repeated motions), elastic strength (exert force quickly), and strength endurance (withstand fatigue)) so there cannot be one answer for this question.



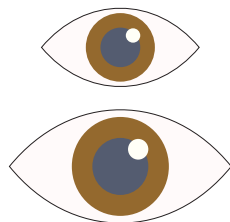
## **Myth: By the age of 60, most people will have lost their sense of taste to a degree.**

Fact: While it carries some truth, to say lose half of the taste buds may be a stretch. It starts at 40-50 in women and 50-60 in men, when with age, all senses in human body tend to diminish in ability. Losing the quality of the sense of smell also has something to do with the loss of taste and plays a significant role, as smell and taste allow us to taste the flavour.



## **Myth: Your eyes are always the same size from birth but your nose and ears never stop growing.**

Fiction: Baby eyes are proportionally larger than adults eyes, but they are still smaller. Our eyes at birth are 75% of the size they will be when we are adults. Eyes and ears “droop” rather than “grow”, due to gravity. Our nose and ears are made of cartilage, which is made of collagen and fibres that break down as we age and the earth’s gravity does its job.





**Myth: Your body has enough iron in it to make a nail 3 inches long.**

Fact: If all the iron of an adult's body was to be extracted and converted into elemental iron, it would be enough to even make two small nails.

**Myth: If you sneeze your heart stops beating.**

Fiction: Your heart's electrical signals that control the heart rate aren't affected by the physiological changes that happen when you sneeze, but the heart may get delayed for a second or two before resuming its regular rhythm. Your heart shortly after regains its track.



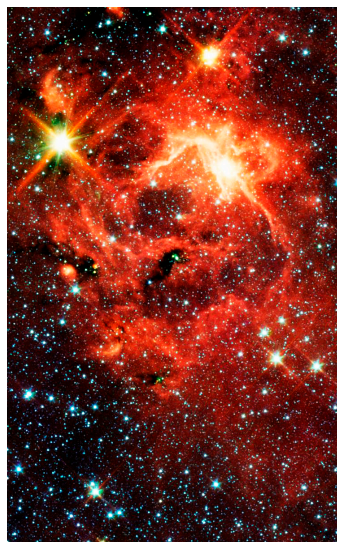
**Myth: Everyone has a unique smell, except for identical twins**

Fiction: Scientists have discovered, via series of experiments that a well-trained dog's nose can tell apart between a pair of identical twins. This proved that identical twins do not smell the same, even if they are in identical environments consuming identical foods!



**Myth: There are more synapses (nerve connections) in a brain than there are stars in the galaxy.**

Fact: According to Astronomers, there are more than 200 billion stars present in our Milky Way galaxy. Our brain consists of billions of neurons and their connections – synapses. By the time a child is 2 to 3, each neuron has around 15000 synapses, coming around to close to 1 quadrillion synaptic connections. As an adult, this comes down to about half that many or close to 500 trillion synapses after a refining process. This refining process is necessary for efficient functioning and optimum performance of the human brain.



# The Consequences of Tik Tok

*Ammara Hameed, 10 years old, Majlis Bernwick*

*There is a huge amount of disadvantages of Tik Tok of which I will give just a few.*

For example, not only is it harmful for you to post videos online because someone might steal your identity or personal information, but also, it leads to a rapid deterioration of your brain cells. Research also shows that individuals that are active on Tik Tok suffer from immense emotional trauma, and sometimes it can also lead to mental illnesses, more commonly depression. I was recently web surfing and a doctor on Quora digest says and I quote “another “fascinating” attitude to destroy our young generation and children”.

In some parts of Tik Tok, you can find extremely inappropriate videos and language (swearing, inappropriate and immodest clothing, inappropriate/adult content). Not only does Tik Tok have colossal impact on our society, but also the young people and youth around us. Most parents hand their kids phones at ages of 8-10. In my opinion, I really don't think that is quite an appropriate age to give a child a phone. To be able to have a phone, your parents have to trust you and make sure you're responsible enough. Some parents don't see that and make a really big mistake. A lot of kids misuse phones and break their parents trust by going behind their parents' backs and downloading apps such as Tik Tok and then really regretting it.

Tik tok is also a vast waste of time. What's the point of making videos and taking hours to perfect them and posting them to get “followers”, while you can study, read or do something educational or useful. In my point of view, I seriously don't get the point of Tik Tok. All you do is dance and lip sync and waste your time! Research says most parents and doctors say kids who use Tik Tok are potentially in danger and don't exactly have a bright future.

In conclusion I would like to say, Tik Tok is an app that is a total of waste of time and Huzoor (aba) time and again reminded us to be mindful for our time usage and not waste time and energy on mindless activities and harmful internet use. May Allah enable us to fulfil the commandments that have been ordained for us in the best way possible. Ameen.

# POEM

BY FATIMA USMAN

My name is Fatima and I am awesome,  
A really cute animal is a possum.  
I love chocolates since they're sweet,  
In my tests I never cheat.  
'I'm so smart' is my catchphrase,  
Everyday I look at the moon phase.  
Ships and planes are fun to ride,  
I participated in Turn The Tide.  
Seeing anime is my dream,  
When horror comes I like to scream.  
Scarlet and Ivy is what I read,  
When planting I place the seed.  
To conclude my poem I'd like to say,  
Make sure you're brave everyday.



# Basic Panna Cotta

*Faiza Ahmed, Group 1, Majlis Berwick.*

## INGREDIENTS

2 tbs cold water	$\frac{1}{3}$ cup sugar of your choice
1 envelope or 1 tbs of unflavoured Beef Gelatine	1 cup of half & half or Full Cream Milk or Extra Creamy Full Cream Milk
2 cups of heavy cream	1 $\frac{1}{2}$ tsp of vanilla extract

## METHOD

1. In a very small saucepan sprinkle gelatine over water and let stand about 1 minute to soften. Heat gelatine mixture over low heat until gelatine is dissolved and remove pan from heat.
2. In a large saucepan bring cream, half and half, and sugar just to a boil over moderately high heat, stirring. Remove pan from heat and stir in gelatine mixture and vanilla. Divide cream mixture among eight  $\frac{1}{2}$ -cup ramekins and cool to room temperature. Chill ramekins, covered, at least 4 hours or overnight.
3. Dip ramekins, 1 at a time, into a bowl of hot water 3 seconds. Run a thin knife around edge of each ramekin and invert ramekin onto centre of a small plate.
4. You can serve this in multitude of ways. Serve with cookies, canned or frozen fruit and berries or even with caramel or chocolate drizzle!



# Healthy choc-chip Muffins

## INGREDIENTS

cooking oil spray	1/2 cup or 75g dark chocolate bits
2 cups or 240g wholemeal self-raising flour	1 cup or 250mls reduced-fat milk of choice
1/4 cup or 62.5mls extra virgin olive oil	2 or 100g free-range eggs
1/4 cup or 62.5mls honey	1 tsp vanilla extract



## METHOD

1. Preheat oven to 170C and lightly spray 12 holes of a muffin tin tray with cooking oil spray or line with muffin cases.
2. Sift flour into a large mixing bowl and combine with the chocolate bits.
3. Whisk eggs and combine with milk, olive oil, honey and vanilla.
4. Make a well in the flour mix and add all the liquids, stir to combine well.
5. Divide batter between each muffin tin hole and bake for 15-20 minutes until a skewer comes out clean when inserted in the centre.
6. Store leftovers in an airtight container for 2-3 days or freeze to defrost as needed.



# Healthy Banana Muffins

## INGREDIENTS

250 g wholemeal flour	100g light brown sugar
3 ripe or 300g of ripe bananas	125ml full fat plain yogurt
1 tsp vanilla extract	2 eggs
2 tsp baking powder	100ml rapeseed/sunflower oil
1 tsp cinnamon	50-75g dark chocolate chips



## METHOD

1. Preheat the oven to 180C/350F/Gas Mark 4.
2. In a large bowl weigh out all your dry ingredients (flour(s), sugar, baking powder and cinnamon). Give them a little mix with the spoon or a gentle whisk.
3. In another bowl or measuring jug whisk together eggs, yogurt, oil and vanilla extract.
4. Peel and mash your bananas.
5. Make a well in the middle of your dry ingredients and pour in your mashed bananas and all the wet ingredients. Mix everything together with a spoon until well incorporated. Try and mix in one direction to prevent overmixing.
6. Chop desired amount of dark chocolate/wallnuts (if using) or simply pop them onto the mixture and fold in gently.
7. Fill 12 muffin cases 3/4 way up and bake in the preheated oven for 20-25min until the skewer inserted in the centre of the muffins comes out clean. Remove to the cooling rack to cool completely and enjoy!

# Chessy Puff Stars

*Nauman Ahmad, 4 years old, Logan East*

## INGREDIENTS

1 egg

50g grated cheddar cheese

375g ready rolled puff pastry sheet

## METHOD

1. Preheat the oven to 180c and line a baking sheet with greaseproof paper.
2. Roll out the puff pastry sheet onto a floured surface. Use a star shaped cookie cutter to cut out individual pastry pieces and place them on the baking sheet. Using the egg, apply a thin layer of egg wash to the top of each pastry star and then top with a little cheese.
3. Bake in the oven for 10-12 minutes until the stars are golden.
4. Serve immediately or keep in an airtight container for up to 2 days.

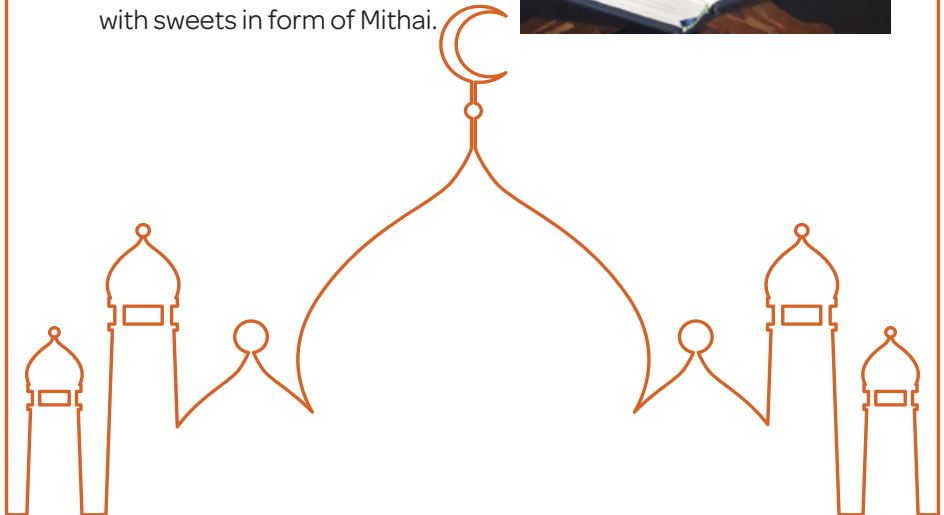
(Recipe and image adapted from: <https://www.myfussyeater.com/cheesy-puff-pastry-stars-kids-christmas/>)



## Religious Achievements

By the Grace of Almighty Allah, Fareeha Anjum from Majlis Gold Coast completed her first recitation of the Holy Quran at the age of 9.

Fareeha celebrated her Ameen Ceremony with Non-Muslim and Christian friends, which included 12 children and 10 adults, at her Ju Jitsu class. She briefed them about what is Ameen and Quran, its teachings and why its important to read and follow it. She also informed that the teachings of Peace are among the main teachings of the Holy Quran. At the end of her ceremony, she presented everyone with sweets in form of Mithai.



## Academic Achievements

*Please remember the following children in your prayers. May Allah the Almighty grant them more successes in life and hereafter. May they be the shining stars of our community, and be the light that benefits the community and country at large. Ameen.*



Sophia Ahmad, d/o Waheed and Sobia Ahmad from Majlis Berwick Victoria, completed her year 8. She received 5 academic excellence awards in the subjects of English, Science, Humanities, German and Maths.

Rayyan Shahid Ahmed, 10 years old, s/o Mr. and Mrs Shahid and student of Al-Faisal College in Campbelltown. He received the school Citizenship Award and Topper of English Spelling.

